

EXERCISE YOUR WAY TO HEALTH

You probably know that exercise is good for you and that you need to do more of it. Studies show that people who exercise regularly have a lower chance of heart attack, cancer, high blood pressure, and many other chronic diseases. They also handle stress better and have less trouble sleeping. In short, exercise can help you look and feel better and live longer.

Before beginning any exercise program, be sure to check with your doctor first. The current exercise guidelines recommend that you choose a moderate-intensity activity (e.g. brisk walking) and do it for a total of 30 minutes, preferably every day. It is the total amount of activity that counts, so you can accumulate your activities throughout the day.



To help you get started, stay motivated, and committed to exercising, consider these suggestions:

1. Start slow and gradually lengthen the time of your workouts.
2. Always do 5-10 minutes of warm-up and cool-down exercises (i.e. stretching, walking) before and after exercising to prevent injuries.
3. Stick to a regular time every day/week.
4. Choose a variety of exercises that are enjoyable, as well as convenient and fun to do.
5. Check your progress. Can you do it faster than when you first started?
6. Find an exercise partner or join a structured group program.
7. Set realistic goals and reward yourself when you reach your goal.

Make exercise a part of your life and you will reap the long-term health benefits. Don't delay, start today!