

Get Creative With Your Workout!

- View chores like mowing the lawn, dusting, and vacuuming as opportunities to exercise.
- Try dancing. There are many different styles to suit almost everyone.
- Learn a new sport. Take tennis, racquetball, or ice skating lessons.
- Join a group that is active such as a rock climbing club, hikers, bikers, or an aerobics class.
- Take the stairs instead of the elevator. When at home climb to the second floor as often as possible. Mix it up by stepping up the pace or taking two stairs at a time.
- Walk as often as you can. Park your car an extra block away or in the rear of the parking lot. Walk to locations that are close to home instead of driving.



For additional information please visit:

The Physician and Sports Medicine Journal:
<http://www.physsportsmed.com/issues/1998/08aug/busy.htm>

The American Dietetic Association:
http://www.eatright.org/Member/Files/sept-oct_04_ada_times.pdf



Exercise

Are you getting enough?



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HOW MUCH EXERCISE DO I NEED?



Recommendations for Physical Activity

For reducing your risk of diseases associated with physical activity (such as diabetes, obesity, hypertension, coronary artery disease) you need at least: **30 minutes of moderate activity on most days of the week.**

To prevent weight gain you need to perform:

1 hour of moderate to vigorous activity on most days of the week. (This amount can create an energy expenditure of 150 to 200 calories per day!)

After losing weight to prevent regaining the lost weight you need:

60 to 90 minutes of moderate physical activity per day.



Why should I exercise?



THE BENEFITS OF EXERCISE

► **Exercise greatly reduces the risk of premature death. This is because exercise can decrease your risks for many chronic diseases like heart disease, type II diabetes, high blood pressure, some forms of cancer, and obesity.**

► **Exercise fights osteoporosis and promotes the maintenance of healthy muscles, bones, and joints.**

► **Exercise decreases depression and anxiety and promotes psychological well-being.**

► **Are you stressed out? Exercise is a productive way to reduce stress and feel more relaxed.**

TIPS TO STICK WITH YOUR EXERCISE PROGRAM



Set Goals for yourself. Both long-term and short-term goals will help you see your results and stick to your plan.

Break it Up. Make your exercise plan work for you. If you are busy, try to do a few minutes of activity throughout the day. It adds up!

Recruit a Buddy. Exercising with a friend can help encourage you to keep up with the routine.

Find Exercise YOU Enjoy. Don't force yourself to do exercises that you dislike or are uncomfortable doing, try lots of exercises until you find what's right for you.

Mix It Up. Alternate different types of workouts and try new exercises to keep from getting bored.

Forget the "All or Nothing" Trap. Don't feel guilty or abandon your exercise routine if you skip a workout or two, just remember, tomorrow is a new chance to workout.

