



Health Benefits of Exercise

- Reduce risk of premature death
- Reduce risk of developing and/or dying from heart disease
- Reduce high blood pressure or the risk of developing high blood pressure
- Reduce high cholesterol or the risk of developing high cholesterol
- Increase HDL Cholesterol levels (the good cholesterol)
- Reduce the risk of developing colon cancer and breast cancer
- Reduce the risk of developing diabetes
- Reduce or maintain body weight or body fat
- Build and maintain healthy muscles, bones, and joints
- Reduce depression and anxiety
- Improve psychological well-being
- Enhanced work, recreation, and sport performance
- Lower heart rate
- Increase blood supply to muscles and organs
- Decrease blood triglycerides
- Reduce body fat and weight
- Improve glucose tolerance and reduce insulin resistance
- Decrease blood sugar
- Increase flexibility
- Increase strength



Physical Activity – Tips on Getting Started

Start small and then increase:

Set a goal to walk 20 minutes at least three times this week, instead of saying you will run for 60 minutes every single day. Gradually work up, as your body adjusts.

Be specific:

Instead of saying that you will ‘exercise more’, set a specific goal – for example – “I will walk every other day for 30 minutes, “ or “I will power walk on one break at work each day.” That way, it is much easier to measure your success.

Find what works for you:

You will not be very motivated to get moving if you hate the activity that you have chosen. Choose something that you enjoy, and will stick with for the long run.

Give yourself time to see results:

Try a routine for 8-12 weeks before you get discouraged about not seeing results. You may not have your ‘dream body’ by then, but you will start to see some very positive results. If you don’t see any changes, try something different.

Set Check points and rewards:

Think of a reward that will motivate you – a nice bubble bath, an hour of pleasure reading, a pedicure, a day of shopping, etc. Each time you reach a checkpoint, give yourself a reward to keep up the motivation.

Don’t forget the water:

Water is vital when exercising, especially on hot days. Drink every 15-20 minutes during the workout, then fill up on more water right after to help replenish what you lost through sweat.

Find a workout buddy:

If motivation is a problem for you, find a buddy that you can count on to help get you into the groove. Get caught up with old friends by going for walks instead of sitting and talking.

Warm up and cool down:

The warm up is very important to protect your muscles from injury. 5-10 minutes of movement, followed by light stretching will do the trick. Be sure to cool down slowly when you are done, 5-10 minutes and then slowly stretch each major muscle group to help prevent soreness.