Exercise: Getting Started

Exercise is part of a healthy lifestyle.

Benefits of Exercise

- ★ Strengthens your heart and lungs
- ★ Helps you maintain a healthy weight
- ★ Lowers your blood pressure and cholesterol
- ★ Reduces stress and helps you sleep better
- ★ Gives you more energy
- ★ Reduces your risk for many chronic diseases

Starting an Exercise Program

You can <u>start exercising slowly if you do not have a health problem</u>. Talk to your <u>health care provider first if you do have a health problem.</u>

- ★ Pick an activity you like to do. Try new activities, sports, or workout videos to make it fun.
- ★ Wear comfortable clothes and shoes.
- ★ Drink water before, during, and after you exercise.
- ★ Start slowly and build up to a good pace. Don't try to do too much too soon.

Things That May Hold You Back from Starting to Exercise

You are afraid to exercise because you haven't in a long time

Start with something you enjoy or something easy like walking. Ask a friend to join you.

Joining a gym is expensive

You can do many workouts at home or outside in public parks. Go to your local library and rent fitness videos, walk around your neighborhood, play tag with your kids. Exercise can happen anywhere.

There isn't enough time in your day

Make small changes in your daily routine. These tips will only take minutes, but together can add a healthy amount of exercise to your busy days.

- ★ Get off the bus one or two stops early or park your car farther away and walk.
- ★ Use stairs when you can instead of elevators.
- ★ Walk or bike to places that are near you instead of driving.
- ★ Do ten jumping jacks first thing in the morning. Build up to more as you get stronger.

Aerobic Exercise and Muscle Strengthening

Your body needs both aerobic exercise and muscle strengthening exercise.

Aerobic exercise strengthens your heart and lungs and helps with digestion and circulation. Types of aerobic activity include: walking, running, riding a bike, swimming, jumping rope, climbing stairs, dancing, boxing, martial arts, or sports like basketball, tennis and soccer.

Muscle strengthening keeps your muscles strong, flexible, and lean and includes weight lifting, yoga, Pilates, and housework or gardening that has pushing or pulling, motions. Exercises like pushups, pullups, situps and squats also increase strength.

Physical Activity Guidelines

For Children and Adolescents (6-17 years)	Aerobic Activity	1 hour a day everyday
	Muscle Strengthening	3 days a week include muscle strengthening exercises as part of the hour of activity
	Bone Strengthening	3 days a week include vigorous exercises such as jumping rope or running as part of the hour of activity
For Adults (18 + years)	Aerobic Activity	150 minutes per week, such as 20 minutes every day or 10 minutes 2 times a day - work up to 5 hours per week
	Muscle Strengthening	2 or more days a week work all major muscle groups (legs, hips, back, abdomen, chest, shoulders and arms)

Information gathered from Centers for Disease Control and Prevention *Physical Activity Guidelines* www.cdc.gov/physicalactivity/everyone/guidelines/index.html

Tips to Motivate Yourself

Get other people involved
- ★ Walk with your family in the park or in your neighborhood.
- ★ Ask a friend to do one of your favorite activities with you.
- ★ Ask co-workers to walk on their lunch break with you.

Split it up
- ★ If you can't find time to work out for a long period try to work out for ten minutes 2-3 times a day. For example:
  - ▪ walk 10 minutes on your lunch break at work
  - ▪ walk 10 minutes with your children after work
  - ▪ dance to your favorite music for 10 minutes while dinner is cooking.

Have a purpose
- ★ Sign up for a race. Having a goal you are training for may motivate you.
- ★ If health concerns are why you want to start exercising again make a list and write down how exercising can help. Look at the list when you don't want to work out.