



Benefits of Exercise:

- « Strengthens your heart and lungs
- « Helps with weight loss
- « Lowers blood pressure, insulin, and glucose.
- « Improves brain health and memory
- « Strengthens bones, gives you firmer skin
- « Reduces stress and helps you sleep better
- « Gives you more energy
- « Reduces your risk for many chronic diseases
- « It can make you feel happier

Physical Activity Guidelines

Information gathered from Centers for Disease Control and Prevention
Physical Activity Guidelines

www.cdc.gov/physicalactivity/everyone/guidelines/index.html

Starting an Exercise Program

Start slowly but talk to your health care provider first if you do have a health problem.

« Pick something Fun.

« Start Small- Just start doing something, get your body moving and work up from there. Eventually you want to exercise at least 3 to 5 times a week for 30+ minutes or more. But when you're just starting out don't put too much pressure on yourself.

« Get yourself a fun, comfortable outfit. You want to feel good about your exercise routine. Having the right clothes can help. You don't have to spend a lot, just find something that you can move in, something that motivates you to keep going.

« Drink water. Before, during, and after you exercise.

« Overcome your fear of the gym or Yoga Studio. Yes, walking into the gym or yoga studio can feel intimidating at first. But once you get a routine and feel supported by others there you will feel right at home. Get some help from staff or a teacher. It might be worth it to you to help you get started.

« Plan. You have to schedule exercise into your day just like you would going to the store or to work. You plan how much time you need, when you are going to do it and for how long. If you don't plan to exercise it probably won't happen.

« Expect some setbacks. It happens. You miss a few days of exercise, eat too much and feel like you've failed. No worries. Just begin again. That is it. Just start again and do what you can.

Things That May Hold You Back from Starting to Exercise

Maybe you haven't exercised in a long time.

We all start somewhere. Wherever we are, each day. Get up, make a plan and see how you do. Don't overdo it. Pay attention to your body and sense when can push forward and when you can't. And certainly have a conversation with your doctor first if you're worried about health issues or injuries.

Joining a gym or going to a Yoga studio takes resources (time, money, clothes)

Maybe you are the kind of person who really does well in a gym or yoga studio because there are structured classes, trainers/teachers and equipment. So you make an effort to pay the fees and drive there every week and its worth it. If however this is not for you there are many things you can do at home. Walk, run, get some DVD's or join an online group that provides ideas about how to get started. Do an online class.

There isn't enough time in your day

Make small changes.

« Park further away from your destination and walk, take the stairs, dance around your house for a few minutes in the morning.

« Its surprising how small activities can add up and once you start feeling some positive changes in your body you will feel motivated to do more.

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.

Tips to Motivate Yourself

Get other people involved or use this time for yourself

« Maybe you have a friend or “accountability partner” to meet you at the yoga studio or walk in the park.

« Or perhaps you really need time to unwind by yourself from the long day. Give yourself permission and take a walk or jog to clear your head.

Get Creative

« Make good use of short periods of time, 10 minutes here, 15 minutes there- when you can’t get a longer workout in.

Make your house “exercise friendly” creating the space you need to move around.

Tips to Motivate Yourself (cont.)

Have a purpose

« Is there a reason you want to get into shape? Visualize where you are going with your goals. Think about that health issue you want to improve, the new clothes you want to get into, the energy you hope to have for that big project.

« Look at where you want to be in a few months. Set some basic goals for yourself and then check in with yourself every couple weeks to assess your progress and adjust your goals/desires accordingly. You might surprise yourself once you have established a good routine and are feeling strong and healthy,

A Few Helpful Resources;

Keep in mind there are lots of local yoga/pilates studios, gyms here in our area. They all have many experts who can help

Yogainternational.com; if you want to work out at home and want some variation as to exercise classes.

xenstrength.com; online classes, free newsletter, inspiring videos.

Younger; A Breakthrough Program to Reset Your Genes, Reverse Aging and Turn Back the Clock 10 years. Sara Gottfried, MD (saragottfriedmd.com)