4.1: Time to Get Moving
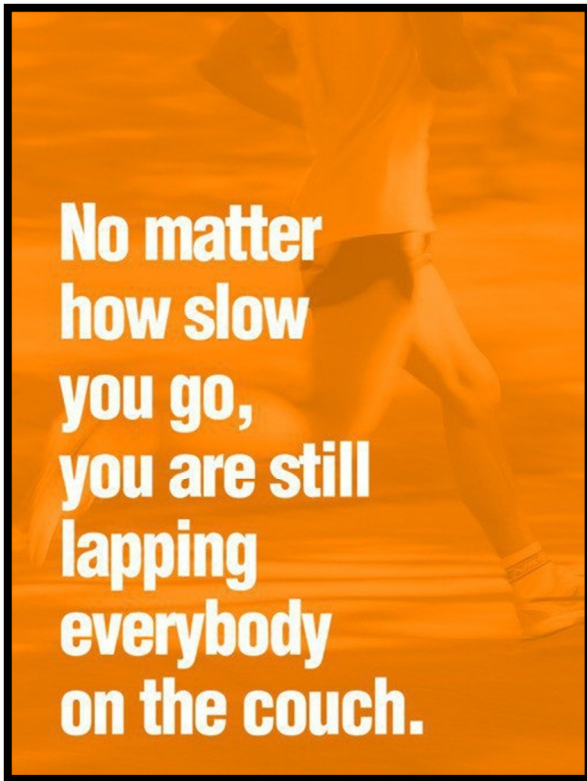
Six Benefits of Regular Exercise

- Exercise controls weight. When you engage in physical activity, you burn calories. The more intense the activity, the more calories are burned. You don't need to spend hours in the gym to get the health benefits of regular exercise, you simply need to find ways to be more active in your daily life.

- Exercise combats health conditions and diseases. Regular exercise can help you prevent or manage a wide range of health problems, including stroke, metabolic syndrome, type 2 diabetes, depression, certain types of cancer and arthritis.

- Exercise improves mood. Having a bad day? A workout at the gym or a brisk 30-minute walk can help by stimulating various brain chemicals that may leave you feeling happier and more relaxed. The results of regular exercise can also leave you feeling better about yourself and your appearance which can boost your confidence and improve self-esteem.

- Exercise boosts energy. Regular activity can improve your muscle strength and boost your endurance. Exercise helps deliver oxygen and nutrients to your tissues and help your cardiovascular system work more efficiently, which can give you more energy to go about your daily life.

- Exercise promotes better sleep. Regular physical activity can help you fall asleep faster and deepen your sleep. Be wary of exercising too close to bedtime, though - you may feel too energized to be able to fall asleep!

- Exercise can be FUN! It is a great way to unwind, enjoy the outdoors and spend time with family and friends. We tend to focus on the more serious health benefits but the truth is that when you find the right type of exercise for your lifestyle, exercise becomes enjoyable and becomes something you will actually look forward to doing!

Source: www.mayoclinic.com

4.1: Time to Get Moving

## When To Check With Your Doctor Before Exercising

- You have heart disease
- You have asthma or lung disease
- You have diabetes, liver or kidney disease
- You have arthritis

<u>You should also consider seeing your doctor before starting a vigorous physical activity routine if two or more of the following apply:</u>

- You're a man older than 45 or a woman older than 55
- You have a family history of heart disease before age 55
- You smoke or quit smoking in the past six months
- You haven't exercised for three months or more
- You're overweight or obese
- You have high blood pressure or high cholesterol
- You have impaired glucose tolerance, otherwise known as pre-diabetes.

You should also see a doctor if you have symptoms suggestive of heart, lung or other serious disease, such as:

- Pain or discomfort in your chest, neck, jaw or arms during physical activity
- Dizziness or loss of consciousness
- Shortness of breath with mild exertion or at rest, or when lying down or going to bed
- Ankle swelling, particularly at night
- A heart murmur or pronounced heartbeat
- Muscle pain when walking upstairs or up a hill that goes away when you rest
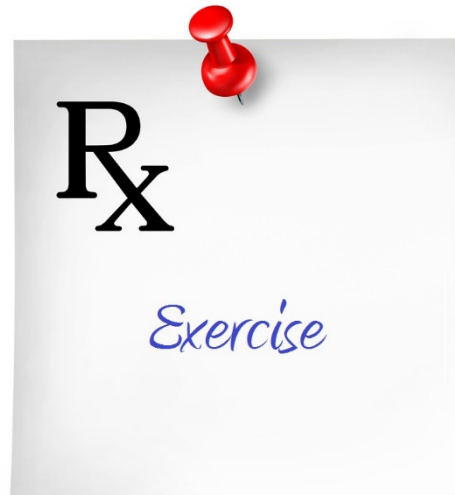
Remember that most of us can safely start walking for exercise without endangering our health. If you have any cause for concern, always best to play it safe and check with a doctor for clearance before starting any more intensive exercise programs!

Source: www.mayoclinic.com