



# Optimal YOU This Year

*Better Health in 2015*

## Week 2: Consistent Exercise in 2015

Better energy, improved mood, lowered risk of health problems ... we all want these. Lack of exercise increases your chances of developing Type II diabetes, heart disease, and other metabolic syndromes.

To make our exercise goals attainable this year, follow these practical physical activity guidelines to get back on track.

1. **Make a habit:** it takes 21 consecutive days to make a habit, either good or bad. Set a schedule and stick to it.
2. **Find a friend** to workout with, as long as they are as motivated as you are.
3. **Be consistent and gradually improve** – an effort to make steady, continuous improvement is much better than an all-out effort followed by a month of inactivity.
4. **Appreciate all of your accomplishments.** Being able to perform 6 push-ups when you could only perform 4 is a big deal. Small increases on a continuous basis make for long lasting gains.
5. **Listen to your body.** Remember to rest in between heavy workouts and give your body time to replenish and restore.



### REMEMBER ...

- You can achieve a high level of physical fitness by performing as little as 10-15 minutes of **PURPOSEFUL** exercise each day.
- It is about improving **YOUR** fitness; don't worry about what others might be doing or not doing.

Resource: <http://helpguide.org/>, <http://www.medicalnewstoday.com/>