

## Benefits of Exercise

### *You'll Feel Better and Have More Energy*



#### Exercise ....

- increases the strength and capacity of your heart, blood vessels and lungs.
- improves the circulation of oxygen and nutrients to your brain and body cells.
- reduces emotional stress, depression, anxiety and muscle tension.
- improves sleep habits and reduces insomnia.
- increases stamina, endurance and resistance to illness.
- builds self-confidence and a sense of well-being.
- decreases constipation problems.
- may reduce the incidence of migraine headaches.
- improves control of diabetes.
- increases the quantity and quality of your life.

#### You'll Look Better

As part of the aging process, we lose muscle and gain fat. Exercise helps you to keep the muscle and lose the fat, resulting in a firmer, trimmer figure. Exercise also helps improve your posture.

#### Your Bones Will Be Stronger

Regular exercise helps prevent loss of calcium from the bones, which may result in osteoporosis. Exercise also strengthens muscles, keeps joints supple and combats stiffness. Exercise may help preserve full range of motion in people with arthritis.

## You'll Control Your Weight

Healthful eating and physical activity are essential for controlling your weight. Exercise helps control your weight by....

### Burning Calories and Fat

Exercise accelerates weight loss by increasing the calories you burn. Exercise decreases body fat stores and promotes fat burning. Research suggests regular exercise promotes fat burning and decreases body fat stores because it causes us to burn more fat than carbohydrates for energy. When we don't exercise, we burn a higher percentage of carbohydrates for energy than fat.

To burn fat and build muscle, the American College of Sports Medicine recommends:

- aerobic exercise 30-45 minutes, four to five times a week and
- strength training 20-30 minutes, two to three times a week.

Different activities burn different amounts of calories. The important factor is to exercise regularly so you'll burn these calories on a regular basis.

### Regulating Appetite

Research suggests exercise can help control appetite and usually doesn't stimulate appetite. Regular physical activity also changes your appetite so you want lighter, lower-fat foods.

## Preserving and Building Muscle

If you lose weight without exercise, you lose both fat and muscle. Exercising regularly and cutting back on fat will help you lose mostly fat. Exercise builds muscle which requires more calories than fat to perform its work. The more muscle you have, the more calories you burn.

### Increasing Metabolic Rate

Dieting and weight loss slow down your metabolism (calories you burn daily). This is bad news because your body then uses fewer calories at a time when you want to burn more calories. Exercising during a diet may help offset this drop in metabolic rate.

### Keeping Weight Off

Exercise is the factor which best predicts who will lose weight and keep it off. If dieters are followed a year or more after a program, those who are exercising tend to be the ones who keep weight off. The sense of well-being that accompanies regular exercise seems to be an important key to successful weight maintenance.



## Physical Activity Chart

Activity	Calories Per Hour	Time Needed to Burn 250 Calories	Activity	Calories Per Hour	Time Needed to Burn 250 Calories
Walking (4 mph) (15 min per mile)	400	37 minutes	Swimming (crawl, 45 yd/min)	530	30 minutes
Jogging (7 mph) 8.5 min per mile)	850	18 minutes	Biking (13 mph)	650	23 minutes
Jogging (6 mph) 10 min per mile	600	25 minutes	Skating (moderate)	345	45 minutes
Jogging (5.5 mph)	650	23 minutes	Aerobic Dance	345	45 minutes

\*These figures are for a 150 pound person. If you weigh more, you'll burn more calories in the same time; if you weigh less, you'll burn fewer calories.

## You'll be Heart-Healthy

The American Heart Association lists physical inactivity as one of the leading risk factors for heart disease along with high blood pressure, smoking and high serum cholesterol.

### Exercise....

- ✓ Increases the efficiency of your heart, blood vessels and lungs.
- ✓ Lowers resting heart rate.
- ✓ Decreases blood pressure.
- ✓ Increases blood flow by enlarging the diameter of coronary arteries and increasing the number of blood vessels.
- ✓ Decreases blood cholesterol, triglycerides and glucose.
- ✓ Increases beneficial HDL-cholesterol blood levels.
- ✓ Helps control excessive weight which places an extra burden on the heart.

## You'll Age Better

Research suggests that several factors which affect how we age are influenced by exercise.

These include muscle mass, strength, body fat percentage, metabolism, aerobic capacity, blood pressure, blood sugar, cholesterol/ HDL ratio, bone density and regulation of internal body temperature. For example, preserving muscle mass and strength can mean the difference in living independently or requiring nursing home care as we age. Even simple tasks such as tying shoes, getting to the bathroom or taking out the garbage are impossible if we don't have sufficient muscular strength.

## You'll Be More Effective in Everything You Do

Studies show that people who exercise regularly usually perform better no matter what they do. Regular exercisers have more energy, productivity and increased ability to handle stress. Some research has shown that exercise may also make you smarter.

## Types of Exercise

A combination of aerobic exercise and anaerobic conditioning exercise will help to promote fitness.

Anaerobic Exercise (Muscular Strength)	Aerobic Exercise (Endurance)	Flexibility
<ul style="list-style-type: none"> <li>✓ Increases muscle tone and strength</li> <li>✓ Builds muscle and helps you burn body fat</li> </ul> <p><i>Strength is your muscles' ability to apply force. For muscular strength, do shoulder shrugs, push-ups, knee lifts, or use free weights or weight machines.</i></p>	<ul style="list-style-type: none"> <li>✓ Strengthens the heart, blood vessels and lung capacity</li> <li>✓ Builds endurance through sustained vigorous activity (walking, jogging, dancing, swimming, bike riding, raking, etc.)</li> <li>✓ Promotes oxygen transport through the body, leading to fitness and fat burning.</li> </ul>	<ul style="list-style-type: none"> <li>✓ Flexibility is the ability to move and stretch your muscles to their full extent. You should be able to move, bend, stretch and twist easily. For flexibility, try stretching exercises like crawl strokes, arm circles, finger stretching and reaching.</li> </ul>

## Amount of Exercise

New guidelines tell us to try to do 30 minutes or more of moderate physical activity on most – preferably all – days of the week. The 30 minutes of exercise don't need to be done in one session to get many health benefits. Divide the 30 minutes into three 10-minute sessions a day if this suits your schedule better. Examples of moderate physical activity for healthy U.S. adults:

- walking briskly (3-4 mph)
- mowing lawn with power mower
- dancing
- home care, general cleaning
- fishing, standing/casting

Walking is a great way to increase physical activity. It's easy to do, doesn't require expensive equipment (except good shoes) and can be done year-round.



## Keep these points in mind when exercising:

- If you're a man over 40 or a woman over 50, consult your doctor before starting an exercise program.
- Exercise moderately and routinely.
- Increase exercise gradually.
- Warm up before and cool down after exercise.
- Drink plenty of water before, during and after your workout.
- If you stop exercising because of illness, start back slowly.
- Choose an exercise you enjoy, and get started.



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