

# The Benefits of Physical Activity

*“Those who think they have no time for bodily exercise will sooner or later have to find time for illness.” ~ Edward Stanley*

The benefits of exercise and physical activity are well documented, yet a recent research survey documents that only 28% of people surveyed reported exercise as a daily habit.

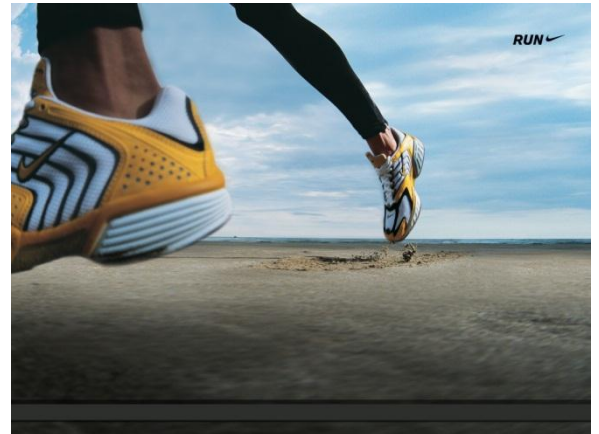
It is vitally important that you consider staying physically active as part of your wellness plan. Just 30 minutes of moderate physical activity five days a week has tremendous health benefits.

## Every Step Counts

If you're just beginning an exercise regimen, take it slow and gradually increase your workout intensity and duration. A good start would be to use a pedometer to track how many steps you are taking each day.

Beginners should walk about 5,000 steps per day. 10,000 steps per day is recommended for general health and 15,000 steps per day is recommended for fat loss.

Remember – take it one day at a time and gradually increase your activity level. You can do it!



### Three types of exercise that should be in your wellness plan:

- 1. Aerobic or cardiovascular exercise** – Regular aerobic exercise progressively strengthens the heart and lungs, is a great fat burning form of exercise, and has tremendous general health benefits.
- 2. Strength training** – The benefits include increased muscle tone and body shape, increased bone density, improved hormone and mental function, decreased stress, increased metabolism, and weight loss.
- 3. Stretching exercise** – Stretching increases blood supply and nutrients to joint structures, increases soft tissue temperature, enhances elasticity of soft tissues, and acts as a lubricant for our bones and cartilage.

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**Individuals who exercise regularly are LESS likely to develop:**

- Heart Disease
- Diabetes
- High blood pressure
- High cholesterol levels
- Certain forms of cancer
- Osteoporosis



**Individuals who exercise regularly are MORE likely to:**

- Maintain a healthy body weight
- Increase energy levels; decrease fatigue
- Improve skin and hair health – look younger (nutrients are transported to the skin and hair through oxygen transportation during exercise)
- Decrease stress incurred during daily living
- Improve mood; release tension
- Improve mental fitness – ability to focus and concentrate
- Improved job performance –perform activities with better ease; less fatigue; improved effectiveness
- Effectively control the pain and joint swelling that accompanies arthritis
- Maintain lean muscle, which is often lost with increasing age
- Have higher levels of self-esteem and self confidence, an improved self image
- Continue to perform activities of daily living as they grow older
- Experience overall feelings of well-being and good health

(Source: CDC)

THINK PREVENTION!



**Prevention is always better than treatment!  
Staying physically active is a proactive  
strategy to live longer and stay well.**