



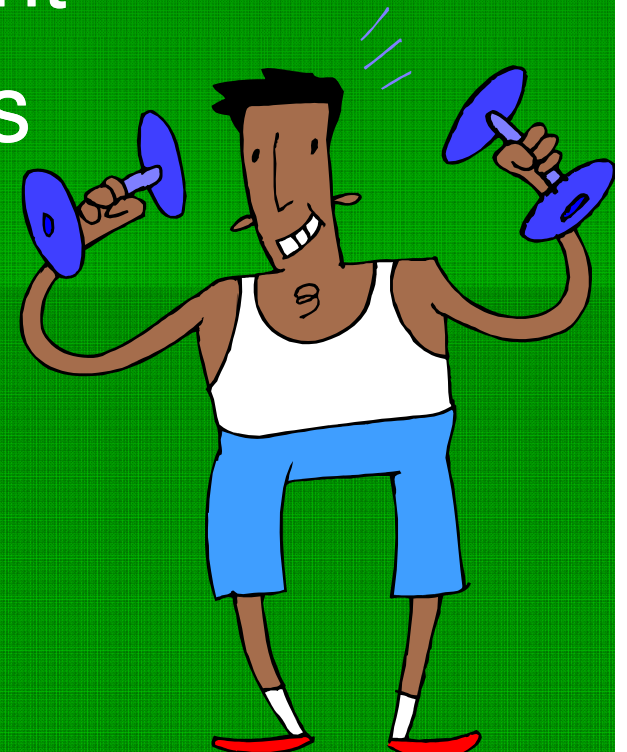
# Wellness Workshop

# Exercise

Why, how much, and what kind?

# WHY?-Benefits of Exercise

- Improves your mood
- Combats chronic disease
- Helps manage your weight
- Boosts your energy levels
- Promotes better sleep
- Improves libido
- You have FUN!



# HOW MUCH?-

## The Recommendation

The Department of Health and Human Services recommends:

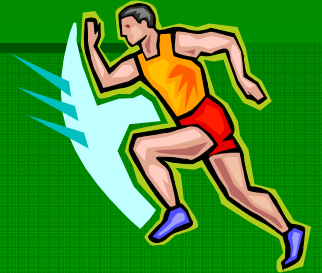
- ***At least two hours and 30 minutes a week of moderate aerobic activity (think brisk walking or swimming) or one hour and 15 minutes a week of vigorous aerobic activity (such as running) — preferably spread throughout the week***
- ***Strength training exercises at least twice a week***

# WHAT KIND?- Choosing a Program

- Assess your fitness level
  - Your pulse before and after a 1 mile walk
  - How long it takes you to walk 1 mile
  - How many push-ups can you do at a time?
  - Waist circumference at the navel
  - BMI - <http://www.bmi-calculator.net/>
- Set your goals
  - Short and long term
  - Make them specific and attainable
  - Write them down

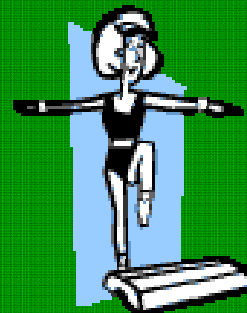
# Choosing Cont'd

- Consider your likes and dislikes
  - Hate running? Bicycling?
  - Love sports? Dancing?
  - Enjoy group fitness classes?
  - Morning or evening workouts?
- Vary your activities (cross-training)
  - Have different activities available to you to avoid boredom and avoid getting injured
- Do the math
  - Figure out what you can afford



# A Well-Rounded Routine

- Aerobic fitness
- Muscular strength
- Flexibility
- Core stability
- Balance Training

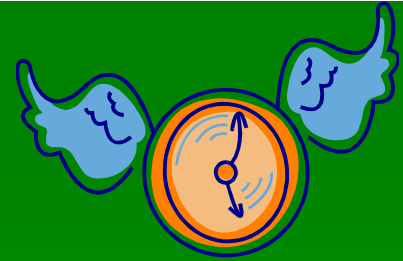


# Finding Time for Fitness

- **Wake up early:** 30 min for a walk around the neighborhood
- **Make chores count:** do everything faster than normal to burn more calories
- **Use TV time:** lift some hand weights, ride a stationery bike, or do a different exercise during each commercial break.
- **Family time:** go for pre/post dinner walks, ride bikes, go bowling, play frisbee, etc.



# Finding Time Cont'd



- **Take the dog out more:** if you don't have one, offer to walk a neighbors' dog.
- **Park far away:** at work, at the mall, food shopping, etc.
- **Start a lunchtime walking group**
- **Put it in your calendar:** make fitness a priority by treating it like an important meeting
- **Plan active outings:** hikes, bike trips, canoeing, bowling, trip to the zoo, adventure parks, etc.

# Motivation!

- Set goals
- Make it fun
- Make it part of your daily routine
- Put it on paper – Track your progress
- Join forces with friends
- Reward yourself
- Be flexible

