People of all ages, shapes, sized, and abilities can benefit from being physically active.

Exercise….

- **Improves Quality of Life**
  - o Exercise reduce stress, lifts your mood, and helps you sleep better.
  - o Exercising regularly can boost confidence making you feel better about your appearance and yourself.
- **Increases Energy Levels**
  - o Exercise improves both the strength and the efficiency of your cardiovascular system to get the oxygen and nutrients to your muscles.
  - o When your heart and lungs work more efficiently, you have more energy to go about your daily chores and enjoy the fun things in life.
- **Promotes Better Sleep**
  - o Regular physical activity can help you fall asleep faster and deepen your sleep.
  - o Try not to exercise to close to bed time or you may be too energized to fall asleep.
- **Improves Your Mood**
  - o Physical activity stimulates various brain chemicals that may help you to feel happier and more relaxed.

- **Helps with Depression and Anxiety**
  - Consistence exercise helps to boost mood, combats feelings of gloom, and prepare to better handle stress.
- **Improves Long-term Health**
  - Regular physical activity can reduce the risk of heart disease, cancer, high blood pressure, diabetes and other diseases.
  - Check with your doctor before starting a new exercise program, especially if you have not exercised for a long time or have chronic health issues.
- **Improves Metabolic Functions**
  - Your metabolism has a lot to do with weight gain or loss, depending on what your body needs.
  - Exercise is key to improving the functions of your metabolism as it burns calories and improves your ability to determine when you have eaten as much as you need.

Types of Exercise…

➢ **Aerobic Activities**
   - o Aerobic exercise makes you breathe harder and makes you heart beat faster.
   - o It improves your stamina by training your body to become more efficient and use less energy for the same amount of work.
   - o As your conditioning improves, your heart rate and breathing rate return to resting levels much sooner.

   Examples: Stair Steppers – Treadmill – Stationary Bike – Cycling – Jogging – Swimming - Zumba

➢ **Muscle-strengthening**
   - o Exercising with weights and other forms of resistance training develops your muscles, bones, and ligaments for increased strength and endurance.
   - o It is important to work all the different parts

   Examples: Resistance bands – Weight Lifting Machines – Body Weight Exercises (Pushups, Pullups etc)

➢ **Flexibility Exercises**
   - o Stretching keeps your body limber so you can bend, reach and twist.
   - o Improving your flexibility reduces your risk of injury and improves balance and coordination.

   Examples: Gentle Stretching – Martial Arts – Pilates – Chiropractic and Physical Therapy Exercises.

How often should you exercise?

As a general goal, aim for at least 30 minutes of physical activity each day. Being consistent is the most important factor in achieving desired results. The benefits of any exercise program will diminish if it is disrupted too frequently.

People often assume that more is better but, doing too much too soon or performing intense exercises on a daily basis can have negative effects such as, muscle strains, loss of lean tissue and fitness-level plateaus.