Benefits of Exercise—

- Helps weight management efforts
- Burns calories (walking burns about 6 calories per minute for a 170-pound person)
- Reduces body fat
- Resting caloric expenditure increases as muscle mass increases and body fat decreases
- Increases energy level
- Helps to prevent heart disease
- Helps to regulate blood sugar and to prevent diabetes
- Improves levels of cholesterol and fats in the blood
- Helps maintain bone density and prevent osteoporosis
- Improves fitness and ‘quality of life’
- Improves endurance, posture, and agility
- Improves muscle strength and flexibility and helps prevent falls
- Improves mood, helps to reduce stress levels, and helps to prevent depression
- Helps regulate sleeping habits and induce sound sleep
- May lower blood pressure
- May reduce need for blood pressure medication

Exercising Safely—

MOST PEOPLE CAN AND SHOULD EXERCISE. Exercise can usually be done with little risk or expense; the biggest risk is not starting!

Here are some guidelines to help you safely establish your exercise routine.

After learning to exercise safely you may wonder why you waited so long to start!

Get Started

Start slowly in moderation. Simply walk a little further than you normally do and progress to walking further and faster as the weeks and months pass.

Listen to Your Body

- You should always be able to catch your breath and speak comfortably while exercising
- You should sense effort, maybe some discomfort, but never pain
- Learn to use Perceived Level of Exertion to gauge your intensity
- Always remember to warm up (start slowly) and cool down (stop gradually)

Know Who Can Help

When in doubt, ask questions.
Check with your health care provider if you have concerns about exercising or if you have any conditions that would limit your physical activity.