

# GET MOTIVATED & GET MOVING!

Regular physical activity is good for you. Regardless of age, sex, or physical ability, there are many ways that exercise can benefit you. Want to feel better, have more energy, improve your mood, and even live longer? It's time to get serious about being active!

## ■ 8 GREAT REASONS TO EXERCISE ■

### Lose Weight

The more intense your workout, the more calories you'll burn. It's not necessary to set aside large blocks of time in order to start reaping the weight-loss benefits of exercise – 150 minutes per week is all that you need.

**TIP:** Get even more exercise by taking the stairs instead of the elevator, or rev up the speed of your daily household chores to burn even more calories.



### Maximize Your Healthy Eating Habits

It's important to eat a well-balanced diet, but if you don't get enough exercise, your body won't be able to make use of the nutrients that you intake.

**TIP:** Put those muscles to good use – get the most out of your healthy diet by exercising regularly.



### Combat Health Conditions & Disease

Regular exercise can help prevent heart disease and high blood pressure. Being active boosts your body's level of high-density lipoprotein (HDL), or "good" cholesterol.

**TIP:** Regular physical activity can help to prevent or manage many health conditions, including stroke, type 2 diabetes, arthritis, depression, metabolic syndrome, and certain types of cancer.

### Improve Your Mood

Looking for an emotional boost? Need to blow off some steam after a stressful day? Physical activity stimulates brain chemicals that may leave you feeling happier and more relaxed.

**TIP:** Exercise regularly to feel better about yourself and your appearance. Boost your confidence and improve your self-esteem!



### Get Active, Stay Energized

Exercise delivers oxygen and nutrients to your body and can improve your cardiovascular health.

**TIP:** When you heart and lungs are more active, you will have more energy to complete chores and routine daily tasks.



### Rest Easy

Regular exercise can help you fall asleep faster and achieve deep, restful sleep.

**TIP:** Exercising too close to bedtime can leave you feeling too energized to fall asleep.



### Control Addiction

Exercise can help in addiction recovery by distracting substance abusers from short-term cravings.

**TIP:** Alcohol disrupts many of the body's processes, including sleep. Contrary to popular belief, alcohol does not help you to fall asleep.



### Do it for FUN!

Unwind from a long day or start your day off right by getting active. Exercise can be a fun way to enjoy the outdoors or simply participate in activities that make you happy. Connect with family and friends or take some time out for yourself.



Here are some ways that you can increase your physical activity and have fun at the same time:

- Go for a hike.
- Take a dance class.
- Join a soccer team.
- Go for a bike ride.
- Hit the basketball court.
- Jump rope.
- Lace up your rollerblades.
- Head to the swimming pool.

What unique ways will you find to have fun while staying active?

## IT'S TIME TO GET MOVING!