



The Benefits of Exercise

Regular exercise and increased physical activity are critical for improving your health and extending your life. Being active significantly reduces your chances of developing illnesses such as heart disease, diabetes, and cancer. Additionally, remaining active throughout your life can help you stay healthy as you age.

Here are some of the long-term benefits you can expect from regular exercise:

- Lower risk of premature death
- Lower risk of heart disease
- Lower risk of high blood pressure
- Better weight control
- Lower risk of diabetes
- Lower risk of colon and breast cancer
- Increased bone strength
- Decreased body fat
- Lower risk of depression and anxiety
- Increased energy level

Short-Term Benefits

Regular exercise also has short-term benefits—it reduces mental and muscular tension, increases concentration and energy levels, and increases self-esteem and self-confidence.

No time to go to the gym? Here are some simple ways to work physical activity into your life:

- Walk your dog (or a neighbor's dog) every day
- Take the stairs instead of the elevator
- Walk briskly
- Walk to destinations within a mile from your home
- Take up racket ball or any other game or sport you enjoy
- Park your car a few blocks away from work
- Take dancing lessons

How much should you exercise?

The Department of Health and Human Services recommends the following for healthy adults:

- A minimum of two hours and 30 minutes per week of moderate aerobic activity, such as power walking or swimming, or one hour and 15 minutes per week of vigorous aerobic activity, such as running
- Strength training exercises at least twice per week

Try to include at least 30 minutes of physical activity in your daily routine.

Wellness