

Moving Well



"If exercise could be packaged into a pill, it would be the single most prescribed and beneficial medicine in the nation"

Robert Butler, M.D., Mount Sinai Medical Center.

The Importance of Exercise and 10 Solutions to Making it Part of Your Daily Life

One reason to participate in regular activity is to avoid degeneration. If you do not exercise your body and mind gradually degenerate. Your cardiovascular capacity, lean body mass, muscle strength and endurance, flexibility, respiratory efficiency and self-satisfaction with your own body image all decrease. Your zest for life gradually decreases and you lose the motivation for life. Lack of exercise also causes increased spread of the waist, hips and buttocks, body weight, body fat relative to lean muscle tissue, blood pressure and heart rate.

A second reason to exercise and get fit is to have the energy to live a passionate life. Researchers have found that fitness buffs and active people exhibit the presence of high levels of spontaneity, creativity, playfulness and self-esteem. When you are healthy and fit you have energy left over after you have completed all the things you have to do. The extra energy is what life is all about. That energy can be put into the activities, friends and family that mean the most to you.

The following are 10 solutions to making exercise and getting fit a part of your daily life:

- Do not make excuses. You are the priority. If you do not take care of yourself no one else will.
- Consult an expert to develop a complete exercise program that is best for you and takes into consideration your medical history and goals.
- Consult an expert to show you how to perform each exercise properly and prevent injuries.
- Exercise first thing in the morning to prevent life from getting in the

way of you exercising. Or have a set time each day that is dedicated to your exercise program.

- Do some form of cardiovascular exercise every day. Vary your cardio: walking, swimming, elliptical, etc.
- When performing your cardiovascular exercise try interval training.
- Participate in a variety of forms of exercise: yoga, pilates, stretching, endurance, weight training, cardiovascular and more.
- Change your exercise program every 6-8 weeks to prevent the body from accommodating to the exercise.
- Be active all day
- Be creative and have fun with fitness. Learn to love exercise.

Source:

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