

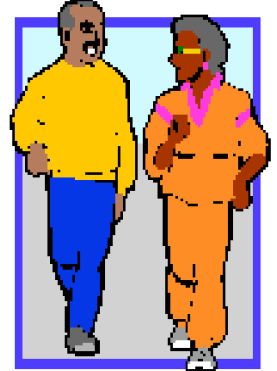
# Exercise To Stay Healthy



## How does exercise help me stay healthy?

Exercise helps you become and stay healthy by helping to:

- Lower your blood pressure, blood cholesterol and blood sugar.
- Lessen your chances of getting heart disease, diabetes and stroke.
- Make you sleep better and feel better.
- Lessen feelings of depression and sadness.



If you:

- Have a heart condition, arthritis, diabetes or high blood pressure or
- Weigh more than 30 pounds more than you should,

check with your health care provider about what types and how much exercise is good for you, **before** you start an exercise program.

## How do I start to exercise?

Choose exercises that:

- You enjoy.
- Fit into your day.
- You can do alone, or in a group.
- Do slow warm-up exercises or gentle stretches before and after exercising.



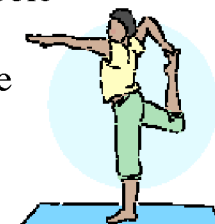
## What types of exercises should I do?

You do not need to exercise really hard to be healthy. You can do exercises at a slow or medium level and stay healthy. You can:

- Stretch, try yoga or Pilates or any exercise that helps your muscles be less tight and get stronger.
- Lift weights. This helps make your muscles stronger.
- Do aerobics, which make your lungs and heart work hard. This helps your body use oxygen better. It sends blood to your muscles, and makes your heart, lungs and muscles stronger. There are many kinds of aerobic exercises. You can:



- Walk fast, swim, jog, run, climb stairs, bicycle, dance, ice or roller skate.
- Take aerobic classes.
- Row a boat.



(over)

## What else do I need to know?

- The "talk test" is a simple way to tell if you are exercising too hard. If you are exercising at a low level, you should be able to sing while doing the exercise. If you are exercising at a medium level, you should be able to comfortably talk to another person. If you become too out of breath to talk, the exercise is too hard, and you should slow down. It is helpful to be able to exercise at a medium level, but it may take you time to work up to it.



- If you add medium amounts of exercise 5 or more times a week to your daily routine, you will use 150 calories of energy on each day you do exercise. This amount of exercise can use enough calories to lose 5 pounds in 6 months, or 10 pounds in a year, if you don't change how much you eat. You can choose any type of medium activity or exercise from the table below, and you will burn about 150 calories if you do the activity for the amount of time listed.



### These burn about 150 calories:

Common activities	Exercise
Washing windows or floors for 45 - 60 minutes	Playing volleyball for 45 - 60 minutes
Washing and waxing a car for 45 - 60 minutes	Playing touch football for 45 minutes
Wheeling self in a wheelchair for 30 - 40 minutes	Walking 1 <sup>3</sup> / <sub>4</sub> miles in 35 minutes (20 minute per mile)
Pushing a stroller 1 <sup>1</sup> / <sub>2</sub> miles in 30 minutes	Basketball (shooting baskets) for 30 minutes
Raking leaves for 30 minutes	Bicycling 5 miles in 30 minutes
Walking 2 miles in 30 minutes (15 minute per mile)	Dancing fast (social) for 30 minutes
Shoveling snow for 15 minutes	Swimming laps for 20 minutes
Walking up stairs for 15 minutes	Bicycling 4 miles in 15 minutes
Gardening for 30 - 45 minutes	Jumping rope for 15 minutes
	Running 1 <sup>1</sup> / <sub>2</sub> miles in 15 minutes (10 minute per mile)

- Remember to have fun with your exercise. The benefits of exercise can last for hours after you stop doing the exercise because your body keeps on using more calories. This helps you stay at the right weight for you.



- Exercise and eat healthy food, and you will have a healthier body with less risk of getting health problems such as high blood pressure, diabetes, heart disease or stroke.