

EXERCISE

7 REASONS WHY YOU SHOULD EXERCISE

Heart Disease

Stroke

Type 2 Diabetes

Obesity

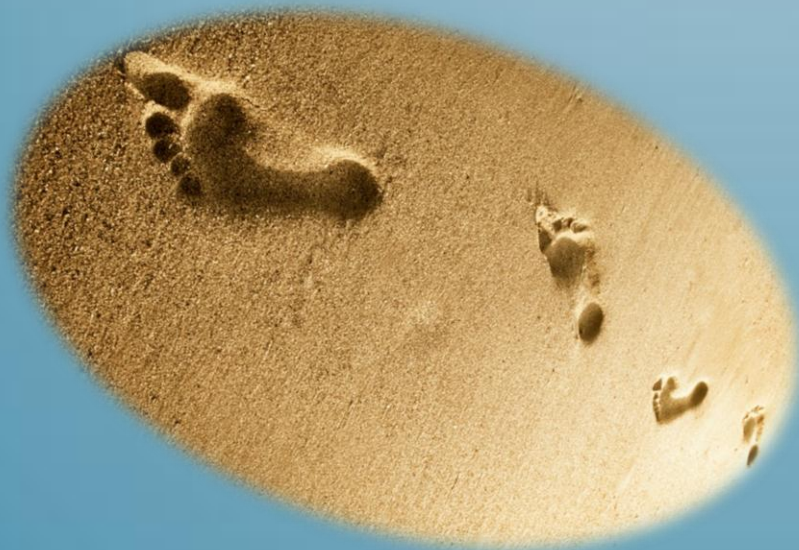
Back Pain

Osteoporosis

Psychological Benefits



HOW SHOULD I START TO EXERCISE



- **Consult with your doctor**
- **How much/How often**
- Build up your endurance gradually, starting out as little as 5 minutes of endurance at a time, up to 30-40 minutes/day.
- **Safety**
- Endurance activities should not make you breathe so hard you cannot talk.
- **Progressing**
- When you are ready to progress, build up the amount of time you spend doing endurance activities first; then build up the difficulty of your activities later. Change your exercise routine every 6 weeks. Otherwise your body gets used to it.

STRETCH



Hamstring Stretch



Leg Curl



Wall Push

Side Stretch



SIGNS OF OVEREXERTION



- Extreme breathlessness.
- Prolonged fatigue 30-60 minutes after exercise.
- Continuous muscle or joint soreness.
- Nausea.
- Pounding in the head.
- High heart rate (over 100) five to ten minutes after exercise.
- Pain or pressure in the chest, arm, teeth, jaw, or neck.
- Dizziness or fainting.

IMPROVE YOUR QUALITY OF LIFE WITH EXERCISE

For more information on physical activity guidelines please visit:
www.health.gov/paguidelines



To learn more about and calculate your Body Mass Index (BMI)
please visit:

www.Heart.org/HEARTORG/GettingHealthy/.../Body-Mass-Index-BMICALculator_UCM_307849_Article.jsp