

# Exercise

## **Make it part of your value system**

Some of the Benefits of Exercise:

- \*Decreases risk of colon & breast cancer (possibly others)
- \*Lowers blood pressure and cholesterol
- \*Preserves bone mass and reduces risk of falling
- \*Lowers risk of dementia, depression, and anxiety
- \*Strengthens ability to fight viruses and bacteria
- \*Favors fat to be burned in abdomen versus other areas
- \*Prevents obesity & diabetes
- \*Increases self-esteem
- \*Increases musculature & metabolism (one pound of muscle burns 50 calories per day at rest)
- \*Improves functional health (how you go through your day), digestion, energy, and cognition
- \*Helps you fall asleep faster and deepens sleep
- \*Puts an  on your chest

To have **motivation** to exercise you must:

- ❖ realize lack of exercise puts you at serious risk
- ❖ view these risks as actually coming true for you
- ❖ believe exercise is effective
- ❖ find an exercise that you don't hate & that works for you (the best exercise is the one that you will do consistently)
- ❖ make a firm commitment that's realistic and very do-able (ex. I will take a 15 minute brisk walk twice a week)
- ❖ identify a personal value that is a benefit of exercise (ex. more energy, longer life with improved quality of life, positive example to others, etc.)
- ❖ consider planning family time or personal hobbies around fitness (ex. Walk with a friend instead of meeting for drinks.)
- ❖ consider combining exercise with something you need to get done that day (ex. Walk to the store or while making a phone call. Study an article while on the exercise bike.)

No **excuses**. Build upon success by committing to more as you get in better shape and as exercise becomes a natural part of your day. More motivation comes as you see results. Develop a mantra to finish the sentence when you have an excuse (ex. I'm too busy...but...I can fit in a 20 minute workout. I'm too tired...but...I'll feel energized afterwards.) Declines in health occur within one week of termination of exercise. The most important factor in exercise is that it is a consistent habit.

To maintain a lean and healthy body, you should work up to at least 150 minutes per week of exercise. Short bouts of exercise can be effective and are often easier to stick to. To keep weight off after being overweight, you should work up to at least 200 minutes per week of exercise. No more than 90 minutes should be spent sitting still, without breaking up this time with bursts of movement. Exercise at a moderate to vigorous intensity. You should be able to carry on a conversation, but breathing should be labored, so it should not be easy to carry on a conversation.