

MOVE!

Not just a four letter word.

When most of us think of exercise our mind immediately starts picturing negative scenarios.

"Not enough time", "Not enough money", "I look terrible in a sweatsuit", "I can't"... The list goes on and on.

The truth is, physical activity shouldn't be construed as a hardship. Physical activity lifts your mood. Physical activity doesn't have to be hard, time consuming, expensive or embarrassing. It can be a lot of fun!

Our bodies were made to be physically active and most of the physical problems we face as a generation, is due to inactivity. In an effort to make our lives easier, we have in fact made them more difficult. Modern conveniences like the remote control, automobiles and riding lawnmowers have made our lives so devoid of physical activity that our bodies are suffering. We are very good at being our own worst enemy.

Physical activity can be as simple as taking the dog for a walk, or vacuuming the carpets. Physical activity is at it's core the simple reduction of "immobile" time.

Watching TV, the computer or playing video games less. Moving more!

Some of the benefits of physical activity are:

Lowered Blood Pressure

Lowered Blood Sugar

Lowered Weight/Improved Insulin Resistance

Improved Cholesterol

Higher Sense of Well Being

To begin a physical activity program you first need to check with you physician for approval. This is necessary, because sometimes certain exercises will only make your physical ailments worse. Your doctor needs to do a complete examination so that you can

safely start to turn your life around. However, once that is done, you will need to set small attainable goals, like: Taking the stairs instead of the elevator or walking around the block 2x/week. Always be very specific when setting your physical activity goals. Make sure

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that you set an appointment with yourself and keep it! For example: I will walk around the block on Wednesday and Fridays at 7:00 p.m.

Reward are also important, to help motivate you to stay on track. Determine a pre-set non-food related reward for achieving your goal, perhaps a foot massage from your spouse would be in order. Whatever the reward, make it something that you want to work for and that is appropriate for the goal set. For some people, the reward is simply feeling well. Once you have met this goal set a new higher goal, like increase your frequency or time spent.

Examples of Physical Activity Include:

Low Intensity

Raking leaves

Volleyball

Gardening

Golf (no cart)

Softball

Vacuum/Mopping

Medium Intensity

Walking

In-line skating

Tennis

Mowing (no riding)

High Intensity

Jogging

Swimming

Stairs

Racquetball

You will know you have reached your ultimate exercise goal when you are maintaining a healthy weight and feel good. Usually this involves about 150 minutes per week of aerobic exercise plus 3 sets of 8 rounds of circuit training, 3 times per week.