

Health Promotion Series-Physical Activity

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Summary

Hopefully you have gained a new perspective on physical activity and its importance as well as some tips and helpful hints to help you get started with an exercise program or improve the one you are currently completing. In summary, here are some of the many great benefits of exercise:

- Helps in weight control
- Decreases risk of heart disease
- Decreases risk of type 2 diabetes and metabolic syndrome
- Reduces risk of some cancers
- Strengthens bones and muscles
- Improves flexibility
- Improves mood and mental health
- Decreases fall risk
- Increases chance of living longer



There can definitely be concerns with physical activity such as the chance of injury. Remember, if you are using the tips that were given in previous e-mails to ensure your safety, the risk of getting injured is reduced and the benefits far outweigh the potential risks.

Be sure to start slowly and work up to the guidelines. Do everything at your own comfortable pace. If you have a chronic health condition like arthritis, diabetes, or heart disease, remember to discuss this with your doctor to find out what types of physical activity are best for you.

When you do add physical activity into your daily routine, you will quickly see the benefits. Once you determine how helpful it can be, it will be easier to establish it as a routine and begin to see the long-term benefits. Please remember that you can contact me with questions about fitness at any time.

<http://www.cdc.gov/physicalactivity/basics/pa-health/index.htm>

**TAKE CARE OF
YOUR BODY.
IT'S THE ONLY
PLACE YOU HAVE
TO LIVE IN.**