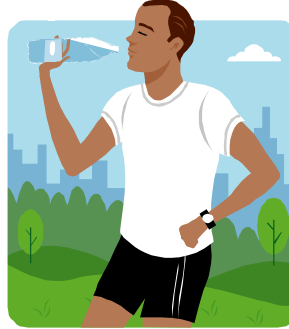


National Physical Fitness Month



Physical fitness can be a scary phrase.

Physical fitness is just another term for exercise. And exercise can be grouped into intensity (low, moderate and high.) We move everyday, for many it is required for their occupation, for others it is a way to get from point A to point B. The movement that we do through out the day is important but additional activity or exercise is still needed to keep us healthy and for our bodies to function properly. Health specialist now recommend that most adults need at least 30 minutes of moderate physical activity on most days of the week. Moderate activity means any activity that raises your heart rate and gets your blood pumping without leaving you out of breath or exhausted.



While not all types of exercise are appropriate for everyone, everyone can benefit from some type of exercise . After all, exercise is not limited to running or aerobics. You can try water workouts or seated-chair aerobics. You can play softball or volleyball, go in-line skating or even take a turn or two around the mall (but no window shopping allowed). Activities such as ballroom dancing or tending the garden also qualify as exercise. The primary factor in choosing an activity should be whether or not you enjoy it. But of course before starting any new activity, it is a good idea to speak to you doctor.



More important than what you are doing is that you are making a commitment to some type of exercise. Try scheduling exercise into your day. You may want to try getting up earlier in the morning and adding 20 minutes of exercise before work. Exercising in the morning jump starts you metabolism and you are less likely to skip the workout because of impromptu plans. The more you exercise the better you will feel physically, mentally and even socially.

Individuals who exercise regularly are less likely to develop:

- Heart disease
- Diabetes
- High blood pressure
- High cholesterol
- Certain forms of cancer
- Osteoporosis

Individuals who exercise regularly are more likely to:

- Maintain a healthy body weight
- Effectively control the pain and joint that accompanies arthritis
- Maintain lean muscle, which is often lost with increasing age
- Have higher levels of self-esteem and self-confidence
- Experience overall feelings of well-being and good health

Resources:
www.acefitness.org