



# EXERCISE

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## THE MAGIC BULLET

### STRATEGIES FOR SUCCESS

- Set Goals
- Wear Comfortable Clothes
- Designate Workout Area and Time
- Equipment Available
- Track Progress
- Don't Overdo It
- Drink Water During Workout
- Have Fun
- Add Variety
- Stay Motivated
- Reward Yourself

Many of the physical changes that we blame on aging are actually the result of inactivity and other lifestyle choices. Regular exercise cannot only help you get through the tasks of daily living, but can also help you avoid illness and injury.

Most adults should engage in at least 30 minutes of moderate exercise at least four to five times a week. Moderate exercise is anything that makes you breathe a little bit harder and break a sweat. It includes brisk walking, cycling, swimming, aerobics, dancing or jogging. However, a more complete, well-balanced workout includes about 30 minutes of moderate aerobic exercise, about 20-30 minutes of weight-bearing exer-

cises; such as weight lifting, and about 10-15 minutes of stretching.

Evidence continues to grow that regular aerobic exercise can improve your memory by increasing oxygen and nutrients to the brain. Even walking 15 minutes a day will help you focus better. Research done in the last ten years shows that intense aerobic activity actually grows new brain cells in the hippocampus; the part of the brain responsible for memory.

There's no end to what regular exercise can do. For example, exercise:

- Helps to prevent disease
- Helps maintain inde-



pendence

- Increases life expectancy
- Boosts your immune system
- Gives you energy

When you start an exercise program, you're taking control of a healthier and more independent lifestyle.

### START SMART

- Write it down—set goal for entire week
- Keep it simple—one or two activities
- Do it first— exercise in morning
- Take pressure off— just do it
- Do for three months



You've probably noticed that you can't do things you use to do when you were younger. No matter how well you take care of yourself, time takes its toll on your muscles, bones, and tendons.

To counter these changes, it

## USE IT OR LOSE IT



is important to incorporate a well-rounded fitness program that includes:

- Aerobic exercise
- Strength training
- Core stability
- Flexibility

- Balance

A program of as little as 30-60 minutes a day can reap big rewards.

Leading a physically active lifestyle is important for your health, but regular exercise brings even greater rewards.