

Exercise Helps Every Body

Exercise helps you stay healthy. It can even be fun!

Why is exercise so important?

Staying active helps your body and your mind. There are so many good reasons to exercise! Regular exercise can help you:

- Reduce the risk of stroke, heart disease, diabetes and colon cancer.
- Lower your blood pressure and cholesterol levels.
- Relieve stress.
- Be happier.
- Lose weight by burning calories.
- Live longer.

How do you start?

Check with your doctor before you start a new exercise program. To stay safe, always warm up first. Start slowly. Do five to 10 minutes at first. If you feel you are working too hard, you are – so slow down. Always cool down at the end. Do this by walking slowly for five minutes.

How can you stay active?

Adults should set a goal of 30 minutes a day, five times a week. Children should get one hour of exercise five times a week. Add exercise into your daily life. Choose one or two favorite activities to enjoy. Mix it up. Build activities into your family routine. Try:

- Brisk walking
- Dancing
- Jogging
- Swimming
- Jumping rope
- Playing active games
- Volleyball
- Bike riding



Try these tips to increase daily exercise.

Try these easy and fun ideas. Work them into your day. See what works best for you. Don't give up! If you get bored, try something new. Here are some more ideas:

- Walk the dog.
- Pull weeds from the garden.
- Walk to the store.
- Clean the house.
- Play ball.
- Climb some stairs.
- Park farther away when you shop.
- Get off the bus one stop sooner.

The good news: it's never too late to start moving!

No matter how much money you have, how old you are, or how out of shape you feel, you will benefit from exercise. Watch your mood, muscles and mind improve. For more facts, talk with your doctor or nurse. Or, go to the Centers for Disease Control (CDC) website at www.cdc.gov/physicalactivity. Enjoy your new journey!



Customer Care Center: 1-866-781-5094

**TTY line for members
with hearing and
speech loss:**

1-866-773-9634



Source: Centers for Disease Control and Prevention

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