



body MIND

Your Monthly Guide to Good Health

Get in **Activity** on the

Beginning a physical activity program is one of the most beneficial things you can do for your overall health and wellness. Exercise can help manage weight; reduce risk of heart disease, type 2 diabetes, and some cancers; improve mental health; and increase chances of living longer. In fact, participating in at least 150 minutes a week of moderate-intensity aerobic activity lowers one's risk of dying early, according to the Centers for Disease Control and Prevention.

Where to Start?

- When beginning an exercise program, start slowly and gradually work up to your desired level of activity.
- Talk to your physician to determine a plan that works with your physical abilities, particularly if you have a condition such as arthritis, diabetes, or heart disease.
- Walking is an easy place to start, and it is safe, simple, and costs nothing. The American Heart Association reports that walking has the lowest dropout rate of any type of exercise.
- If you are overweight, talk to a medical health professional to learn about balancing caloric intake with calories expended through physical activity.

Incorporate More Activity into Your Daily Life

You can increase physical activity by making simple changes to your daily habits. Consider the following suggestions from the American Heart Association.



Take the stairs rather than the elevator.



Rake leaves in your yard or pick up trash in your neighborhood.

Walk around your building several times during your lunch break.



Walk or bike to the corner store instead of driving.

Stretch to reach items in high places.



Create an exercise accountability partnership with friends or co-workers.

Consult your physician before beginning an exercise program, particularly if you have been inactive for an extended period.

Stand while talking on the telephone.



Throw away your remote control.

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MAKE A **MOVE**



More than 60 percent of American adults do not get the recommended amount of physical activity, which leaves them more vulnerable to a number of serious health problems, including heart disease, obesity, diabetes, high blood pressure, and certain types of cancer. Just 30 minutes a day of moderate-intensity physical activity—such as brisk walking—can reduce your risk for these and other conditions.

To find a physician to discuss an exercise program, call 1-877-THR-WELL or visit our website at www.texashealth.org.