

INTRODUCTION TO EXERCISE



Exercise module

Let the Games Begin

There are many reasons to exercise. The most common reason people stick with an exercise program is that they feel better. They report having more energy to do more during the day and they sleep better at night. Not only is it common to hear people say they are in a better mood and feel younger, they also enjoy the added bonus of keeping the weight off once they lose it. The most important reasons to exercise, from a medical perspective, are that it helps you prevent cancer, diabetes, heart disease and stroke. If you already have any of these conditions, exercise may increase your control over the conditions and result in a decrease of medicine. Unfortunately the opposite is true. The more sedentary you are, the unhealthier you are. As a popular workout commercial states, “Sitting is the new smoking.”

Different Types of Exercise

In our exercise program, you’ll learn about the different areas of fitness. The walking portion is designed to help build your cardiovascular fitness (how well your heart and lungs deliver blood and oxygen to working muscles). Whereas cardio (aerobic) exercise is the best way to strengthen your heart which makes your everyday tasks seem easier. Other activities will improve your coordination, your strength and your flexibility. The added benefits of these types of exercise not only include preventing injuries and falls, but the additional muscle tissue you will add helps you burn more calories, even while you sleep. This is true because muscles burn nearly three times as many calories than fat does.

Check with Your Doctor

Before you begin any type of exercise program, check with your physician first. If you have back, knee, ankle or foot problems, ask your doctor if you need to avoid certain exercises. If you have heart disease, diabetes or kidney disease you may need an exercise stress test before beginning strenuous exercise.

Getting Started

Start slowly. If you do too much too soon, you may become sore, tired or even sustain an injury. The saying “no pain, no gain” does not apply here. With our exercise program, you will learn to gradually increase your physical activity level and how to change your behavior gradually, helping you make these changes a permanent part of you.