



## EXERCISE

### Why should I exercise?

Exercise has been shown to provide a variety of benefits including:

- Weight control
- Reduced risk of some cancers
- Lower blood pressure and cholesterol levels
- Improved hemoglobin A1C levels
- Better sleep
- Stress relief; improved mental health and mood

### What activities count as exercise?

There are many activities that count as exercise that you can do right from your home or work. It is important you pick something you enjoy, so you are more likely to stick with it.

- Taking a walk
- Gardening
- Stretching and yoga
- Lifting weights

### Extra ways to get more active:

Increase your activity throughout the day with these simple tips.

- Park farther away in the parking lot for extra steps
- Always take the stairs over the elevator or escalator
- Stand up and move during TV commercials
- Cleaning the house (laundry, dishes, dusting, sweeping)

### How much exercise do I need?

The amount of exercise you need depends on your goal. Before starting a new exercise program, always speak with your doctor. See the chart below for more detail.

GOAL	TIME EXERCISING PER WEEK
Maintaining Overall Health	150 minutes (or 30 minutes 5x per week) of moderate activity
Lowering Blood Pressure and Cholesterol	40 minutes of moderate or vigorous activity 3-4x per week