Benefits of Exercise

Exercise comes in many forms and you don’t have to go to the gym to do it. Find a partner to help motivate you or focus more on mindfulness by working out alone.

Types of exercise and physical activity:

- **Endurance, or aerobic, activities** increase your breathing and heart rate. Brisk walking or jogging, dancing, swimming, and biking are examples.
- **Strength exercises** make your muscles stronger. Lifting weights (or canned food) or using a resistance band can build strength.
- **Balance exercises** help prevent falls.
- **Flexibility exercises** stretch your muscles and can help your body stay limber.
- ...And, let’s not forget **Mental Health exercises**. Research show that reading a book regularly improves brain connectivity and cognitive function, aids in sleep readiness, reduces stress and depression symptoms, and helps lower blood pressure and heart rate, amongst other things. Puzzles are also a good alternative.

It’s never too late to start!
...Start small and build **endurance**.

- Go for a 10min walk (or two),
- take the stairs instead of the elevator,
- do light house-/yard-work or,
- try to make a habit of reading books.

...If you’ve already established a healthy routine, or prefer a particular exercise like running, consider adding in light stretching or yoga to help prevent injuries from overuse.

...And, mix things up so you don’t get bored. You may be more likely to stick with it if you periodically change your routine.
**Talk with your physician if you’re concerned about beginning a new exercise routine.**

Resources:
Benefits of Exercise - [https://medlineplus.gov/benefitsofexercise.html](https://medlineplus.gov/benefitsofexercise.html)
Exercise and Physical Fitness - [https://medlineplus.gov/exerciseandphysicalfitness.html](https://medlineplus.gov/exerciseandphysicalfitness.html)
Exercise for Older Adults - [https://medlineplus.gov/exerciseforolderadults.html](https://medlineplus.gov/exerciseforolderadults.html)
Exercise for Children - [https://medlineplus.gov/exerciseforchildren.html](https://medlineplus.gov/exerciseforchildren.html)
Mental Health - [https://medlineplus.gov/mentalhealth.html](https://medlineplus.gov/mentalhealth.html)