



for your company
for your employees
for your future
March 30, 2010

WELLNESS WEEKLY

Be Physically Active for Life

Physical activity is a necessity for healthy living. There are many resources available that provide information about being active, but all the information about good health is of no value unless it can motivate and inspire you to change.

Those who are successful in staying active:

Have confidence in their ability to maintain their new behaviors

Making a commitment to have exercise be a part of your daily routine requires a dedicated mindset and confidence in your ability to be successful.

Receive support from family, friends, and co-workers

Whether you are already physically active or you're trying to become active, help from others makes it easier. If you have a partner who regularly exercises with you, it is more likely to become a consistent routine. Friends, family members, and pets all make great exercise partners.

Value the benefits of their new lifestyle more than the benefits of their old lifestyle

Motivation comes when you are convinced the effort required to exercise is worth the benefits received. The health benefits from being physically active can drastically change your lifestyle for the better.

Set realistic goals

Reaching a goal builds confidence and gives you a sense of accomplishment keeping you more engaged in your workout program. If a goal is set that is unattainable, it can cause discouragement and setbacks in your routine.



Making exercise a part of your daily routine can lead to the following benefits:

- Increased energy
- Reduced stress
- Increased ability to maintain a healthy weight
- Better sleep quality
- Lower cholesterol

Don't make excuses...

"I have poor health"

Unless you have specific instructions from your physician not to engage in regular exercise, walking is always a safe, effective choice of exercise regardless of illness or injury.

"No one will exercise with me"

Join a walking group. Check with your local YMCA or community center to see what is available in your area. Others may be feeling the same way and are looking for an exercise partner.

"The weather is too bad"

Exercise during the more comfortable hours of the day. Instead of exercising in the heat of the day, go out in the morning or evening. If it is too hot or cold outside, exercise indoors or at a gym. If you do not belong to a gym, many malls open their doors early to allow walking inside.

"I feel self-conscious when I exercise"

You can exercise in the privacy of your home or try to exercise with friends or relatives who are supportive and perform at about the same level of fitness.

Now is a great time to make a commitment to having a healthy, active lifestyle. Start with low impact activities and work your way up. Consult a health care professional if you have any questions about what types of exercises are best for you.