

Physical Activity

Questions to Ask Yourself

- How often do you exercise?
- What types of activities do you do throughout the day?
- Has your health care provider ever encouraged you to start an exercise program? If so, what has he/she suggested?

Benefits of Physical Activity

Balancing healthy eating habits with regular physical activity will make you feel healthier and more energetic throughout the day. Here are a couple of things that are good to know about staying active:

- Exercise can be done all at once or in different amounts of time throughout the day.
- You should always have the approval of a health care provider before starting a new exercise routine.
- You should start slowly and build-up to more and more activity. Trying too hard at the beginning increases your chances of an injury.
- Staying active for 30–minutes a day, three to five times a week will:
 - Strengthen and improve muscular health
 - Help manage your weight
 - Reduce stress, anxiety, and depression
 - Help you sleep better and improve breathing
 - Prevent constipation and hemorrhoids
 - Improve circulation, therefore preventing varicose veins and leg cramps
 - Reduce back pain
 - Lower blood pressure as well as risk of death from heart disease or stroke
 - Reduce the likelihood of contracting heart disease, colon cancer and diabetes
 - Keep bones and joints healthy
- Physical activity isn't just about working out; it's about doing everyday things that keep you moving.