Exercise Is The Key To Lifelong Well-Being

People tend to think of an “elixir of life” as medicine in a bottle, a “magic bullet” as some kind of a pill, and the “fountain of youth” as mystical waters. But exercise may come closer than anything else we know as the best way to become and stay beautiful, strong, healthy, energetic, and happy. It may be the single best route to a long and active life.

Benefits of Exercise Add Up

Without a doubt...

Exercise IS For Everyone

A PUBLICATION OF THE
Wellness Councils of America
1802 Nicholas Street, Suite 311
Omaha, NE 68114-2106
Phone: (402) 827-3590 • Fax: (402) 827-3594
www.welcoa.org

The information contained in this brochure has been carefully reviewed for accuracy. It is not intended to replace the advice of your physician or health care provider.

For More Information

American Council on Exercise
www.acefitness.org

Centers for Disease Control and Prevention
www.cdc.gov

Exercise Is The Key To Lifelong Well-Being

Exercise Your Right Of Healthy Mind, Body, And Spirit

You Can Count On It...

Exercise Is The Key To Lifelong Well-Being

Better than any pill...

No one else can do it for you...

Exercise is the key to looking and feeling your best for life
How Much Exercise Is Right For Me?

Any amount of regular exercise is better than none. And exercise doesn’t have to be strenuous or exhausting to be beneficial.

- It’s best to start exercising modestly and build based on your fitness level.
- In fact, like most anything else, too much exercise (to the point of injury, exhaustion or obsession), or exercise that is too extreme for your individual fitness level, can lead to ill effects. Forget about “no pain, no gain.” Exercise is about joy, satisfaction, accomplishment and feeling good.

Take The Hurdles In Stride

No one can exercise for you—you have to do it for yourself. Even if you hire a personal trainer to show you what to do and to help you do it, you’re the one who has to expend the effort if you hope to collect the rewards.

EXERCISE OPTIONS

Whether you lean toward bungee jumping or channel-surfing, consider the following possibilities as your main or supplemental exercise choices:

- WALKING OR RUNNING: Can do anywhere, year-round, indoors or out, safe and beneficial for virtually all ages and physical conditions; groups/clubs for safety, companionship; (for those who run into runnners’ problems, walking, including racwalking or powerwalking, can be an ideal alternative).
- SWIMMING AND WATER EXERCISE: Great total body aerobic and muscle workout; can be year-round, indoors; especially good for people with arthritis and joint or mobility problems; pregnant women—and an important safety skill for all ages.
- EXERCISE CLASSES: Year-round, indoor, instructors on-hand, something for all ranges of abilities, fitness, interests, goals; variety ranges from step classes in multi-impact aerobics to stretching, yoga, and relaxation.
- DANCING: Gets you moving while having fun and socializing; ranges from folk, square, and ballroom dancing classes and clubs to jazz, tap, funk, African, and ball. You can also try “cutting a rug” in the privacy of your home.
- WEIGHT TRAINING: Ranges from strengthening and conditioning to body-building; year-round, indoors, individually geared to personal fitness level, goals and progress; studies show benefits for bone health, strength.
- EXERCISE VIDEOS: All you need is a video player and a little space to take advantage of the wide variety of fitness tapes now available; you can buy them through stores, or mail order, rent them from video stores, or even borrow them from your local library. You might tune in to a cable fitness channel too.
- GET UP AND MOVE: Try walking instead of driving, or parking at a distance and walking the rest of the way; take the stairs instead of the elevator; do household chores and yard work; stroll down the hall to visit colleagues instead of phoning or e-mailing. As long as you’re moving, it counts as exercise.

EXERCISE CLASSES

Joining an exercise program (gym, group, class, club) can help you get going and stick with it by providing companionship, encouragement, and structure.

DO THINGS YOU ENJOY! Whatever exercise you choose should be something you look forward to—not something you dread or endure.

EXPERIMENT. Try new things—even if you think you might not like them. Sign up for instruction in new skills or sports. Sample different local gyms and fitness classes. Rent a bike, skates, or canoe for a day. Ask friends to let you accompany them when they exercise.

BE REALISTIC. Although Alpine skiing in the Alps can be exhilarating, it’s not likely to be something you can do year-round, several times a week. Consider how you can weave together one or more activities that fit into your lifestyle.

Which Exercise?

Exercise can only do you good if you do it. It’s important to choose an exercise regimen you can follow on a regular basis, several times a week, year in and out. The Surgeon General suggests “moderate” exercise for people of all ages at all levels. This includes, for example, gardening, stair-walking, or washing your car for 10 to 15 minutes here and there. That’s moderate exercise.

- HOW MUCH? Being a “weekend warrior” who plays basketball full out on Saturdays and sits around on other days is not the way to go. It’s better to fit other activities in-between, or opt for an activity you can do more frequently.
- HOW OFTEN? Just walking a short time every day or every other day is a great start. Depending on your age, health, and other circumstances, you can stick with that or start building time, speed and distance, add in other activities, or switch to more challenging sports.
- BRING A FRIEND. Joining an exercise program (gym, group, class, club) can help you get going and stick with it by providing companionship, encouragement, and structure.

EXERCISE CLASSES

Joining an exercise program (gym, group, class, club) can help you get going and stick with it by providing companionship, encouragement, and structure.

DO THINGS YOU ENJOY! Whatever exercise you choose should be something you look forward to—not something you dread or endure.

EXPERIMENT. Try new things—even if you think you might not like them. Sign up for instruction in new skills or sports. Sample different local gyms and fitness classes. Rent a bike, skates, or canoe for a day. Ask friends to let you accompany them when they exercise.

BE REALISTIC. Although Alpine skiing in the Alps can be exhilarating, it’s not likely to be something you can do year-round, several times a week. Consider how you can weave together one or more activities that fit into your lifestyle.

EXERCISE OPTIONS

Whether you lean toward bungee jumping or channel-surfing, consider the following possibilities as your main or supplemental exercise choices:

- WALKING OR RUNNING: Can do anywhere, year-round, indoors or out, safe and beneficial for virtually all ages and physical conditions; groups/clubs for safety, companionship; (for those who run into runnners’ problems, walking, including racwalking or powerwalking, can be an ideal alternative).
- SWIMMING AND WATER EXERCISE: Great total body aerobic and muscle workout; can be year-round, indoors; especially good for people with arthritis and joint or mobility problems; pregnant women—and an important safety skill for all ages.
- EXERCISE CLASSES: Year-round, indoor, instructors on-hand, something for all ranges of abilities, fitness, interests, goals; variety ranges from step classes in multi-impact aerobics to stretching, yoga, and relaxation.
- DANCING: Gets you moving while having fun and socializing; ranges from folk, square, and ballroom dancing classes and clubs to jazz, tap, funk, African, and ball. You can also try “cutting a rug” in the privacy of your home.
- WEIGHT TRAINING: Ranges from strengthening and conditioning to body-building; year-round, indoors, individually geared to personal fitness level, goals and progress; studies show benefits for bone health, strength.
- EXERCISE VIDEOS: All you need is a video player and a little space to take advantage of the wide variety of fitness tapes now available; you can buy them through stores, or mail order, rent them from video stores, or even borrow them from your local library. You might tune in to a cable fitness channel too.
- GET UP AND MOVE: Try walking instead of driving, or parking at a distance and walking the rest of the way; take the stairs instead of the elevator; do household chores and yard work; stroll down the hall to visit colleagues instead of phoning or e-mailing. As long as you’re moving, it counts as exercise.

EXERCISE CLASSES

Joining an exercise program (gym, group, class, club) can help you get going and stick with it by providing companionship, encouragement, and structure.

DO THINGS YOU ENJOY! Whatever exercise you choose should be something you look forward to—not something you dread or endure.

EXPERIMENT. Try new things—even if you think you might not like them. Sign up for instruction in new skills or sports. Sample different local gyms and fitness classes. Rent a bike, skates, or canoe for a day. Ask friends to let you accompany them when they exercise.

BE REALISTIC. Although Alpine skiing in the Alps can be exhilarating, it’s not likely to be something you can do year-round, several times a week. Consider how you can weave together one or more activities that fit into your lifestyle.