

EXERCISE

It's Good For You!

Exercising at least three (3) times a week for 30 minutes can improve your physical and mental health. Benefits include:

- More energy
- Less stress
- More stamina for work and play
- Sound sleep
- Stronger muscles
- Improved Appearance
- Reduced risk of disease
- Burning extra calories

The following tips help you make the most of your workout.

Begin easily.

Before starting to exercise, check with your doctor if you have not exercised for awhile. After you get used to exercising, increase the length and intensity of your exercise session.

Warm Up.

Begin with a "warm-up" period that lasts 3-5 minutes. The warm-up should be similar to the exercise you will be doing, such as walking slowly before a brisk walk.

How much?

You can tell that you are exercising at the right intensity by trying to sing while you exercise. You should not be able to sing, but you should be able to talk.

Enjoy it.

Don't push yourself to the point where you're about to collapse. Regular exercise will help you improve each session.

Cool down.

After exercising, "cool down" for a few minutes. Don't stand still or lie down right after exercising. Instead, walk around for 3-5 minutes.

Don't Stop!

Don't let exercise be just a fad. To help keep your body in shape, make exercise a part of each day.



Oakland County Health Division will not deny participation in its programs based on race, sex, religion, national origin, age or disability. State and Federal eligibility requirements apply for certain programs.

www.co.oakland.mi.us/health

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Worksite and Community Health Promotion