

PHYSICAL ACTIVITY: BENEFITS AND HOW TO INCORPORATE MORE MOVEMENT IN YOUR LIFE

Combining physical activity with a balanced diet has long term health benefits for people of any age, shape, and size. Being active can help you manage your weight, strengthen your muscles, move around more easily, increase your confidence, and even help you sleep better at night! Also, studies have shown that those who are not physically active are more likely to have high blood pressure, high cholesterol, and increased risk of stroke, heart disease, and type 2 diabetes. It is recommended that adults get at least



two and a half hours of moderate physical activity each week to experience the health benefits. Below are some tips on how to incorporate more movement into your life.

1. ***Inconvenience yourself.*** Most of the time we try to do as little walking as possible. We try to get the closest parking space at the grocery store, or take the elevator to the third floor. One way to increase your physical activity is by purposefully walking more than you have to. Little things like taking the stairs or parking further from the entrance can add up and make a big difference at the end of the day.
2. ***Take advantage of the weather.*** Weather extremes, such as summer and winter, make it more difficult to get motivated to be active. When the weather is nice, mow the lawn with a push mower, or wash your car by hand. Also, try getting out for a quick ten minute walk during your lunch break on nice days instead of sitting inside. Anything that will get you outside in good weather can make physical activity more enjoyable!
3. ***Recruit your friends and family.*** Having someone to talk to can make exercising more enjoyable. Dust the cobwebs off your bike and get a group together for a bike ride through a local park. If your kids play a sport, see if you can help them practice. Also, gardening can be a good way to spend a Saturday with your family. You will be having so much fun you won't even consider it exercise!
4. ***Have fun!*** Leading an active lifestyle shouldn't be work. When choosing a way to increase your physical activity, it should be fun and something that you will enjoy doing. If isn't enjoyable, you are less likely to do it again, so make sure whatever you are doing you are having fun doing it.

For more information on healthy living, visit our wellness website:
nutrition.ilcreations.com

