



# OPTIONS CENTER HEALTH TOPIC



## PHYSICAL ACTIVITY/EXERCISE

**Physical activity/exercise** benefits your cardio metabolic health. Remember to regularly revisit your current routine and explore fresh approaches to increasing the duration and intensity of your physical activity. *Take back control of your body.*

### Benefits of Physical Activity:

- Burns calories
- Controls blood sugar levels
- Reduces risk of dying prematurely
- Maintains appropriate weight
- Stimulates weight loss
- Lowers blood cholesterol
- Improves mood
- Improves self-image
- Enhances quality of life
- Decreases stress
- Increases muscle tone
- Lowers blood pressure
- Increases energy
- Increases stamina
- Lowers triglycerides
- Enhances overall good feelings
- Improves productivity
- Strengthens heart & lungs
- Provides a healthy supply of oxygen and nutrients so cells can function properly
- Reduces feelings of depression and anxiety
- Builds/maintains healthy bones, muscles & joints

### Tips for Successful Physical Activity:

- ❖ In your normal daily living activities include physical activity, such as walking and gardening.
- ❖ Use a pedometer to increase your steps per day – it really works!
- ❖ Take a slow, post meal walk – it's been found to reduce blood glucose response after a carbohydrate-rich meal.
- ❖ Split your activity into 10 minute bursts instead of longer workouts.
- ❖ Try other forms of physical activity including flexibility training and low-impact activities; good choices for those who need less intensity.
- ❖ Find a time to exercise that is comfortable for you.
- ❖ Workout with a friend to stay motivated.
- ❖ Consistency is key. Even if it's consistent, short periods of physical activity are effective.
- ❖ Remember that some physical activity is better than none at all - so get moving!



### How to gradually increase physical activity:

- ❖ Start by standing more, walking around at home and stretching.
- ❖ Take an after-meal stroll for 15 minutes daily; slowly increase by five-minute increments.
- ❖ Begin to walk at a moderate pace for 20-30 minutes.
- ❖ Increase from moderate to brisk walking.
- ❖ Add on a day of weights to a weekly routine.
- ❖ Slowly increase duration and pace of activity from walking to jogging and/or walking at an incline.

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