

Dear Colleagues:

As we move closer to our summer schedules, this might be a good time to think about beginning an exercise program.

What is exercise?

Exercise is planned, structured and repetitive bodily movement that improves or maintains one or more components of physical fitness. Thirty minutes a day of activity that causes small increases in breathing and heart rate, is recommended on most, if not all days of the week. (Remember: it is best to consult with your doctor prior to starting any new exercise program.)

Exercise Improves:

- Flexibility
- Cardiovascular and cardio respiratory function • Functioning of your immune system • Strength of muscles and tendons • Sleep patterns and ability to relax • Skin tone • Self -esteem, -confidence and -reliance • Productivity • Perceptions of acceptance by others

Exercise reduces:

- Risk for heart disease and premature death • Risk for stroke • Risk for developing diabetes • Risk of osteoporosis in both women and men • Depression and anxiety • Frustration with daily challenges and problems • Body weight or fat

Exercise also:

- Prevents/helps control HBP and high cholesterol • Builds and maintains healthy joints, bones and muscles • Helps you to manage stress more effectively • Provides an easy way to share activities with family and friends and an opportunity to meet new friends

The key to success in your exercise program is to find activities that you enjoy. If you haven't checked out the fitness center, drop by FH201 and talk to Clovia Cox about the wide variety of workouts that are available . . and see if there is one that tickles your fancy. Or, try a yoga class . . . we will have a beginning class during the summer on Thursday during the lunch break. Or, try the fabulous and fun low-impact water exercise . . one OR two days a week. If you want to "do your own thing," get a pedometer from Mercedes and find out how you can set up your individual walking program.

Remember, just small increases in breathing and heart rate can bring you many of benefits listed above.

Sending you wishes for good health and peace of mind Mercedes Santos  
Wellness Program Coordinator