

# Health



**DID YOU KNOW?**

Research has shown that exercise can slow or help prevent heart disease, stroke, high blood pressure, high cholesterol, type 2 diabetes, arthritis, osteoporosis (bone loss), and loss of muscle mass. It also helps ease some aspects of the aging process. — [www.webmd.com/men/features/exercise-benefits](http://www.webmd.com/men/features/exercise-benefits)

**DID YOU KNOW?** Exercise boosts brainpower, melts away stress. — [www.webmd.com/men/features/exercise-benefits](http://www.webmd.com/men/features/exercise-benefits)

**CONTROLLING WEIGHT**

## The many benefits of exercise for adults

BY PAUL J. TABAREZ | Special to this Newspaper

**T**his week I want to talk about physical activity for adults. Regular physical activity is one of the most important things you can do for your health. It is a great way to control your weight, reduce your risk of type 2 diabetes and other chronic illnesses. It is great for increasing muscle strength, helping us do day to day activities more effortlessly. Exercise is great for strengthening your bones.

Bones are living tissues in our bodies and they respond to physical activity by getting stronger. Physical activity is not only good for the body, it is good for the mind. Stress is inevitable in our daily lives but physical activity can be great for reducing stress. Studies have shown that exercise is effective in reducing fatigue, improving attentiveness and enhancing overall cognitive function.

Adults need at least two hours and 30 minutes of moderate intensity aerobic activity weekly and muscle strengthening activities two or more days a week that work major muscle groups. Older adults who are generally fit can follow these same guidelines.

Moderate intensity aerobic activity will increase your heart rate and make you feel warmer. You can tell it is moderate intensity if you are still able to carry on a conversation. Some examples of moderate aerobic activity are walking, water aerobics, dancing, riding a bike, pushing a lawn mower, canoeing and volleyball. Vigorous activity makes you breathe hard and fast. You will not be able to carry on a normal

conversation during vigorous activity.

Examples of vigorous aerobic activity are jogging, aerobics, swimming fast, biking uphill, energetic dancing, martial arts and football. Muscle-strengthening activities are generally done by counting repetitions and sets. A repetition is complete movement of an activity. A great example of a repetition would be doing one pushup. A set is a series of repetitions of an exercise done in sequence without rest. Some examples of strengthening exercises would be pushups, pull ups, carrying or moving heavy loads, jumping and exercises that use weight or resistance.

One important thing to remember is to discuss any changes to your physical activity levels with your doctor.

How can you become more active? Starting a new routine could be intimidating but remember, to take it slow. When it comes to exercise, consistency is the key. Exercise does not need to happen at the gym. The first thing you could do would be to limit inactivity.

Our bodies are constantly burning calories. Adding



ADOBE STOCK PHOTOS

30-45 minutes of walking to your day can increase your metabolism and help you burn more calories. When engaging in physical activity, remember to warm up properly to prepare your body for what is to come. Some people want to get a quick vigorous workout in just 15 minutes without properly warming up, which increases their chances for injury. You can start your workout with a 10-minute moderate intensity activity.

If you are short on time, YouTube has many short workout routines you could utilize with no equipment necessary. With the summer months coming our way remember to drink plenty of water to stay adequately hydrated. Always check with your doctor before beginning a new exercise routine.

