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ConsumerMedical is your Medical Ally for confidential, one-on-one support and expert guidance on any health concern you or your family may face.

The Importance of Physical Activity

Exercise is an important aspect of a healthy lifestyle and can benefit both physical and emotional health. Being active can help you build strength, maintain a healthy weight, have more energy, sleep better, reduce stress and anxiety, manage or prevent many chronic diseases, and more. However, many people find it intimidating to start or difficult to maintain an exercise routine. If you can relate, continue reading to learn about ways to get started and different exercise options that could work for you.

Start Small

Many people feel like they don't have time to work out, but exercise can be spread out throughout the day, and even a little movement is better than nothing. Be sure to stand up, stretch, or take walks whenever possible, as sitting for long periods of time can increase various health risks. Even everyday activities, like cleaning the house or doing yardwork, can really add up.

Making a few small changes in your daily life is a great first step to establishing healthy habits. It helps to schedule time to do something active each day. Whether you mark your calendar, set a reminder on your phone, or use a fitness tracking app, checking physical activity off your to-do list can make you feel accomplished and motivated to stick with it.

Before starting any new exercises, it's important to talk to your doctor about what types of physical activity might be the most appropriate for you, and whether you should begin these exercises under the supervision of a trained professional.

Types of Exercise

It's important to find activities that you enjoy and fit into your lifestyle, so your workout feels less like work and more like a fun way to care for your health. The good news is that there are a lot of options to choose from! There are four main categories of physical activity, and each is beneficial for different reasons.

Aerobic or **endurance exercises** include activities like walking, jogging, yardwork, dancing, swimming, biking, and anything else that increases your breathing and heart rates. This type of exercise can improve the health of your heart, lungs, and circulatory system, as well as reduce your risk for many diseases. The *Physical Activity Guidelines for Americans* recommends at least 150 minutes of moderate-intensity or 75 minutes of vigorous-intensity aerobic activity per week for adults.

Strength training builds strength and endurance in your muscles. Lifting weights is not the only option – push-ups or sit-ups, squats, resistance band exercises, climbing stairs, and carrying groceries are some other great ways to work on your muscular strength. Adults should aim to do strength training involving all major muscle groups at least two days per week.

Stretching helps your muscles and tendons maintain flexibility, which ultimately increases your range of motion and reduces your risk of pain and damage in muscles and joints. It's always a good idea to stretch before and after any workout, or at least a few times per week.

Balance exercises include activities like yoga and tai chi, which can help you maintain or improve balance as you age. People of all ages can benefit from balance exercises.

Additional Information and Support

Visit **myconsumermedical.com** for detailed information about different types of exercises and other healthy lifestyle topics. If you have questions or need one-on-one support, call our clinical team at **1-888-361-3944** to get personalized resources and guidance on any health topic or medical condition.

Contact ConsumerMedical

1-888-361-3944
Monday – Friday, 8:30 a.m. to 11:00 p.m. Eastern

myconsumermedical.com
To register, enter company name

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