



➤ Move your body

May

Get active, stay active!

How active are you? Just getting started or wanting to change your physical activity plan or do more?

We all know regular exercise is important. It can improve your health, control your weight and can prevent or delay many health problems. You look and feel better. You have more energy and it improves your mood. So why is it so hard to get started or keep it going? You might think it's expensive. Or boring. Or time consuming. Exercise can actually be fun, free and easy to incorporate into your everyday life.

Choose an activity you like and you'll be more likely to stick with it. If running or swimming's not your style, go for a hike, hop on your bike or go dancing with a friend. It only takes 30 minutes a day to get and stay healthy, so get up, get moving and have some fun!

Source: Help Guide and National Institute of Diabetes and Digestive and Kidney Diseases

Easy workouts at work

It can be a challenge to fit exercise into your daily routine, especially if you work. The good news? You can take advantage of the few minutes you have between tasks or projects to incorporate a little exercise into your work day.

There are lots of exercises appropriate for any workplace. Take the stairs instead of the elevator or park further away and walk the few extra minutes to and from your car. At your desk – stretch your arms, wrists and legs. Rotate your head side to side, forwards and back. If you're able, do low-impact jumping jacks, chair dips or pretend to jump rope.

Remember, a little exercise is better than none. It's easy to avoid some of the pitfalls that come with sitting too long, like sore wrists and stiffness and you'll have plenty of energy and focus for the remainder of your day!

Source: Life Hack

Trivia time:

Does muscle weigh more than fat?

Answer: No. A pound is a pound, whether it's fat or muscle. But, muscle is denser than fat and takes up less space in the body.



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Set a goal and get going

When starting anything or taking on a challenge – like a new exercise program – it’s important to set some goals. First, think about what you’d like to accomplish, like having more energy, losing weight or just feeling better. Then, decide how you’ll carry out the plan. Will you exercise at work, home or the gym? How often and for how long do you plan on exercising?

It helps to keep the SMART system in mind when defining fitness goals:

S – Specific, what is it you want to do?

M – Measureable, can you check the goal off your list?

A – Attainable, make sure your goal is realistic

R – Relevant, choose goals that apply to the bigger picture

T – Time-based, can you complete your task within a designated time?

With specific short and long term goals, you’re setting yourself up for success – and a better, healthier you!

Sources: CDC and Let’s Move

The complete workout

When developing a fitness strategy, it’s important to know how different exercises impact your body.

Aerobic exercises (like swimming, dancing and jogging) use the arm and leg muscles and give your heart a continuous workout.

Anaerobic exercises (like sprinting, leg lifts or tennis) build and tone muscles, but are not as beneficial for your heart and lungs. Remember to choose exercises appropriate for your fitness level and enjoy the benefits of getting active and getting healthy!

Sources: Cleveland Clinic and heart.org

Healthy families have fun

Being part of an active family has lots of great benefits. It’s a perfect way to spend time together, have fun and get healthy! Pick activities that are fun for everyone – take a walk, kick the soccer ball or get your hands dirty and do some gardening.

Be active whenever possible. Kids need 60 minutes of exercise a day, which can easily be broken up or accomplished in one fun-packed hike or trip to the pool!

Source: CDC and Let’s Move

Trivia time:

How many muscles does it take to speak a single word?

Answer: 70!