

### **DO YOU NEED TO GET MORE EXERCISE???**

If you are not getting your heart pumping for 30 minutes a day on average, then chances are you DO need more exercise. Exercise has many rewards and benefits, including:

- Improves Circulation
- Lowers Cholesterol
- Improves self esteem
- Better flexibility
- Toned muscles
- Releases endorphins
  
- Helps combat chronic diseases
- Puts the spark back in your sex drive



- Lowers Blood Pressure
- Reduces Stress
- Increases energy
- Can be fun – really!!
- Improves mood
- Strengthens the heart and lungs
- Improves bone density
  
- Promotes better sleeping patterns

### **What is the BEST exercise?**

Something that you like doing, and that is sustainable.

- Call an old friend and meet with them once a week to play tennis/badminton/table tennis
- Figure out a safe walking route around your workplace, or home and walk it daily
- Take the dog for daily jogs/walks – they'll love you for it
- Dust of the bike, change the flat, put on some reflective gear and get peddling
- Re-join the gym and do a combination of classes and weight training

### **A suggested WALKING programme for an absolute beginner:**

- Week 1 - 2** Walk 10 minutes every second weekday, and 10 minutes at the weekend
- Week 3 - 4** Walk 15 – 20 minutes every second weekday and 30 minutes at the weekend.
- Week 4 - 5** Walk 30 minutes most weekdays and 30 minutes at the weekend.

- Walks/Jogs/Runs should be spaced on alternate days to give your body recovery time.
- If you are not used to walking/jogging/running you should start at 10 minutes and work towards 15-20minutes (3-4 times a week) MAXIMUM.
- Don't exercise if you're feeling tired or sore (not fully recovered) it could lead to injury.
- Start out slowly and comfortably to avoid injury.

