

Exercise and Physical fitness



- ❖ There are 1,440 minutes in every day.
- ❖ Schedule 30 minutes for physical activity.

Regular exercise is a critical part of staying healthy

- ❖ People who are active live longer and feel better.



Exercise can help you maintain a healthy weight

Exercise controls weight

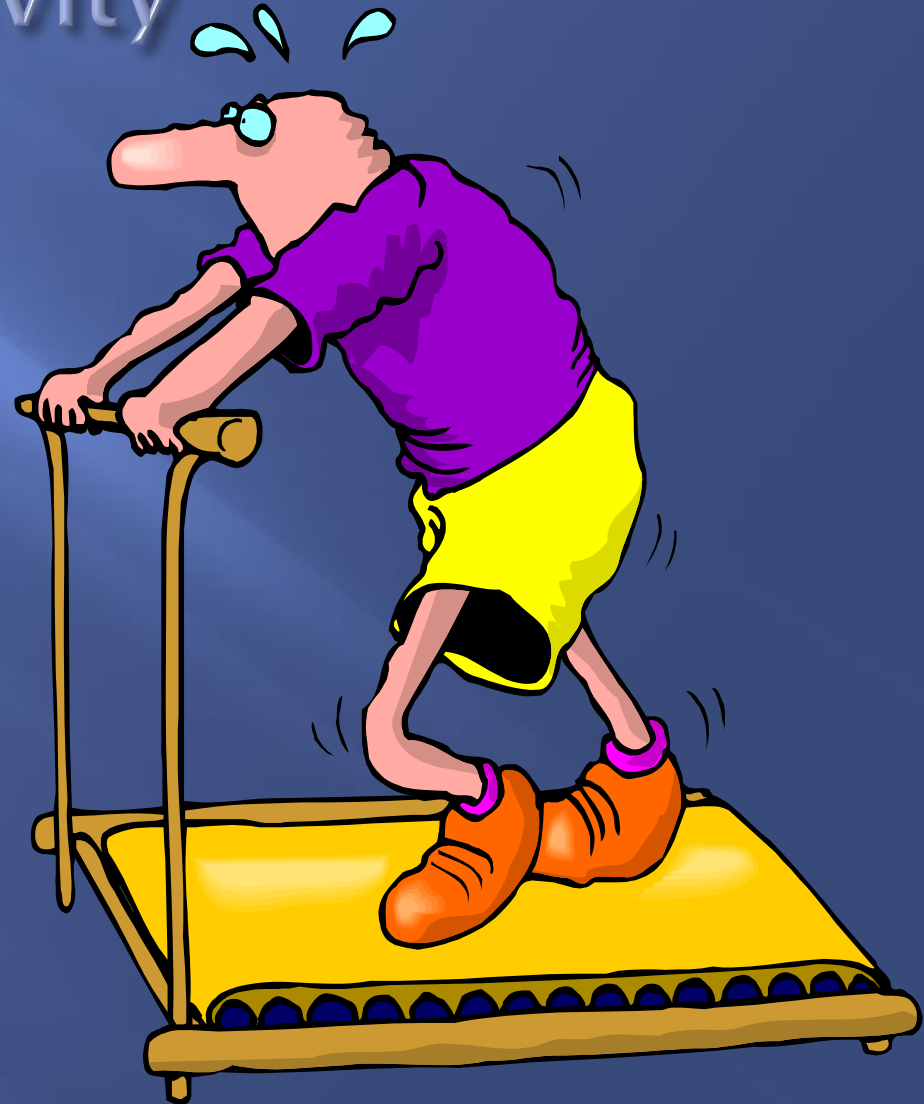
- ❖ Maintain weight loss
- ❖ burn calories
- ❖ be active throughout the day
- ❖ !take the stairs!



Most adults need at least 30 minutes of moderate physical activity

Some examples include

- ❖ Walking briskly
- ❖ Mowing the lawn
- ❖ Swimming for recreation



Different ways to strengthen your body

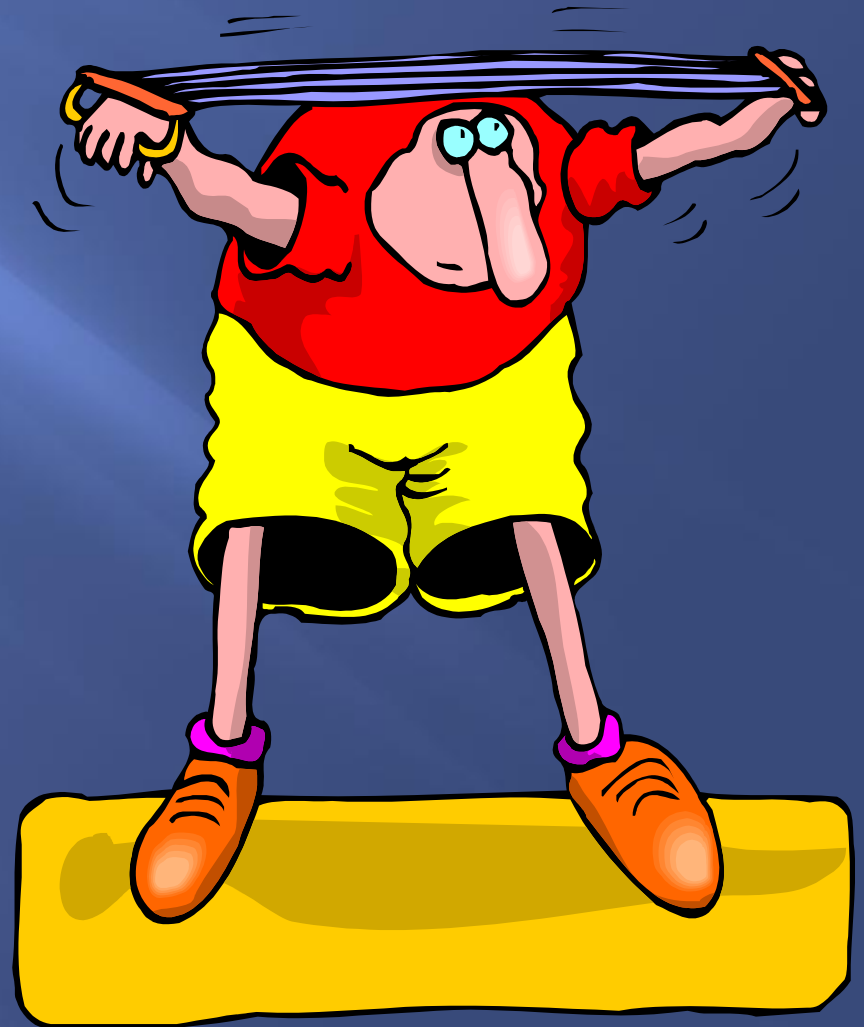
Bicycling improves

- ❖ Muscle straightening
- ❖ Boost endurance
- ❖ Deliver oxygen to your tissue muscles
- ❖ Cardiovascular system



The benefit of stretching

- ❖ Help to relief pain
- ❖ increase energy levels
- ❖ increase flexibility
- ❖ Improves circulatory system
- ❖ relaxation and stress relief
- ❖ enhanced muscular coordination
- ❖ correct posture



Weight training can also strengthen your body

- ❖ protects bone health and muscle mass
- ❖ makes you stronger and fitter.
- ❖ will add definition to your muscles
- ❖ Weights will improve your fitness level



New studies of dancing

Dancing makes you smarter

- ❖ the only physical activity to offer protection against dementia was frequent dancing.
- ❖ Dancing also increases cognitive acuity at all ages.
- ❖ the only physical activity to offer protection against dementia was frequent dancing.



There are many benefits of balance

- ❖ The core muscles include not only those in your abdominals and back, but also muscles in your pelvic floor and hips. This can result in injuries such as a twisted knee, a pulled shoulder, or your classic "bad back."



Also balance improves joint stability and helps to prevent joint dysfunction and injury

- ❖ Improves joint stability."
- ❖ No equipment is necessary
- ❖ if you have a floor to stand on, you have all you need



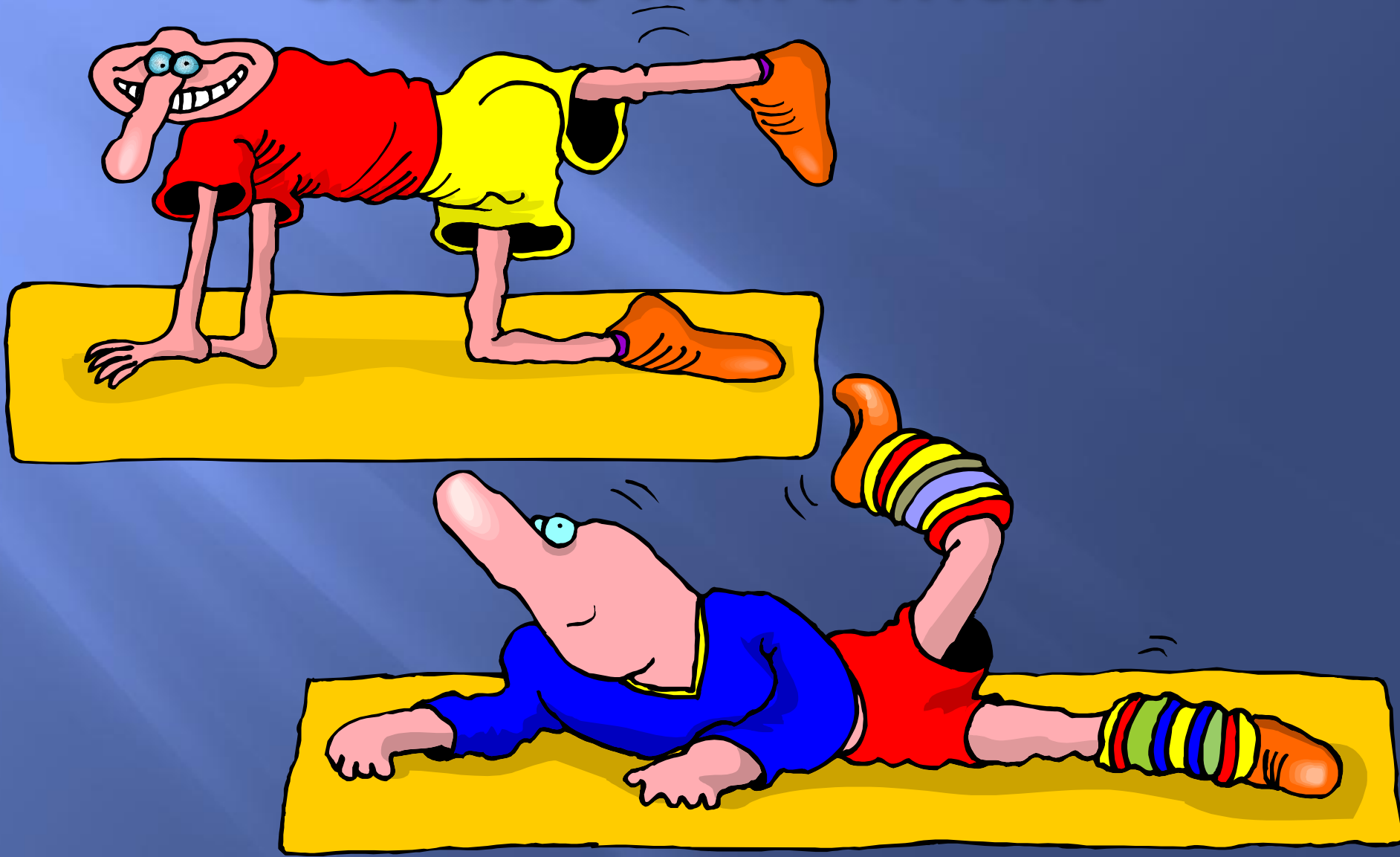
The key is to find the right exercise for you

Regular exercise can also reduce

- ❖ arthritis pain
- ❖ Anxiety
- ❖ Depression
- ❖ Diabetes
- ❖ Some cancers
- ❖ Heart problems



You may want to walk or do exercise with a friend



!!IN CONCLUSION!

There is a fountain of youth. Millions have discovered it The secret to feeling better and living longer . It's called staying active.