



# Nine Steps To Healthy Lifestyle

## Step 5: Health Benefits of Exercise and Movement

The goal for living a healthier lifestyle incorporates many factors and one is learning and remembering the health benefits of exercise and movement.

How much and what type of exercise you do will depend on your fitness level, goals and time constraints, but a complete exercise program should include cardio, strength training and flexibility exercises along with abdominal breathing.

Remember the core is truly the center for your health and that's where breathing should start.

### Health Benefits of Exercise and Physical Activity:

- Reduce the risk of premature death
- Reduce the risk of developing and/or dying from heart disease
- Reduce high blood pressure or the risk of developing high blood pressure
- Reduce high cholesterol or the risk of developing high cholesterol
- Reduce the risk of developing colon cancer and breast cancer
- Reduce the risk of developing diabetes
- Reduce or maintain body weight or body fat
- Build and maintain healthy muscles, bones, and joints
- Reduce depression and anxiety
- Improve psychological well-being
- Enhanced work, recreation, and sport performance



### **Short-Term Benefits of Exercise**

- Relaxes and Revitalizes Physical activity reduces mental and muscular tension, and at the same time, increases concentration and energy level.
- A Break From Daily Routine and Worries Physical activity is like a mini-vacation— you're allowed to have fun.
- Helps You Feel Good About Yourself Physical activity increases your self-esteem and self-confidence.
- While many people start a physical activity program because of long-term benefits, it's the short-term benefits that keep them motivated to continue the habit..

### **Make Exercise fun!**

- Wondering what to do on a Saturday afternoon? Looking for an activity that suits the entire family? Get physical!
- Exercise doesn't have to be drudgery:
  - Take a ballroom dancing class.
  - Check out a local climbing wall or hiking trail.
  - Push your kids on the swings or climb with them on the jungle gym.
  - Plan a neighborhood kickball or touch football game.
  - Find an activity you enjoy, and go for it. If you get bored, try something new. If you're moving, it counts!
  - I'd recommend DDP Yoga: Ain't Your Mama's Yoga!
- Are you convinced? Good. Start reaping the benefits of physical activity today!



## **Step 5 Assignment:**

How much and what type of exercise you do will depend on your fitness level, goals and time constraints, but a complete exercise program should include cardio, strength training and flexibility exercises.

Review the Fitness Personality questions, the Cardio, Strength Training and Flexibility Guidelines, the Abdominal Breathing Technique, watch the quick 3:53 YouTube breathing video and print out the 4-Week Exercise Log.

Answer the following questions as I want you to review your exercise regime.

- 1. Are you exercising?***
- 2. How can you commit to non-negotiable exercise time - called 'me' time?***
- 3. What physical exercise do you enjoy? biking, swimming, walking, running, cardio, yoga classes?***
- 4. I want you to decide on a specific exercise to commit to and this can change from time to time. You need to start somewhere and then mix it up when you reach a plateau or get bored.***
- 5. Now, I want you to carve out non-negotiable time to exercise.***
- 6. Like any exercise or health regime, you must make sure that you are fit to start exercising and see your medical practitioner for clearance to start.***

### **Added Bonus:**

If you want me to review your current or newly developed exercise regime then send it over and I will review them as well as the answers to the questions above and the Fitness Personality questions.



**CONGRATULATIONS for completing Step #5!**

**Next is Step Six:**

**Role of Restorative Sleep**



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