Exercise

Exercise is good for all of us. Exercise helps you.
- Stay or get to a healthy weight.
- Boost your energy and increase strength.
- Reduce stress and sleep better.
- Reduce high blood pressure.
- Reduce risk for type 2 diabetes, heart attack, stroke and several forms of cancer.
- Keep your bones healthy and reduce your risk of falls.
- Reduce your risk for depression and anxiety, as well as other health benefits.

But if you have health issues, make sure to talk to your doctor before starting an exercise program. If you are afraid of getting hurt, start exercising slowly and build up.

How much exercise do I need?
To improve your health, you will need at least
- 30 minutes of aerobic activity five days a week for adults or 60 minutes of aerobic every day for children and
- Strengthening activities on 2 or more days a week.

Cut back on sitting time. Spend less time in front of a screen, including watching TV, playing video games, or using the computers.

Make physical activity a regular part of the day
Fitting activity into a daily routine can be easy—such as taking a brisk walk for 10 minutes to and from the parking lot or bus stop. If you prefer group activities, join an exercise class.

Have fun! Find something you like to do. Keep it interesting by trying something different on alternate days.

Set goals. Give yourself some simple goals and then work up to long-range goals. Keep it easy and start slow.

More ways to increase physical activity
At home:
- Join a walking group in the neighborhood.
- Push the baby in a stroller.
- Enjoy a bike ride with your kids.
- Clean the house or wash the car
- Mow the lawn with a push mower. Rake the leaves and sweep the grass clippings.
- Walk the dog—don't just watch the dog walk.
- Do stretches or strengthening exercises or pedal a stationary bike while watching TV.

At work:
- Get off the bus one stop early and walk the rest of the way.
- Ride your bicycle to work.
- Replace a coffee break with a brisk walk for 10 minutes.
- Take the stairs instead of the elevator.
- Break up your sitting with desk exercise breaks. Stand and stretch often.

At play:
- Play basketball, softball, or soccer at a local park.
- Take a class in martial arts, dance, or yoga.
- Swim or do water aerobics.
- Take a nature walk.

Am I at a healthy weight?
If you are not happy with your weight, small changes can make a big difference:
- Track the foods you eat and how much.
- Cut back on high-calorie foods. Eat foods packed with nutrients.
- Do more exercise every day.
- Aim for a pound a week. Losing a small amount of weight can help your clothes fit better and improve your health.

Ask your doctor to help you plan an exercise program. You can also call the Kern Family Health Care Health Education Department at 1-800-391-2000 for help.

Can you read this? If not, we can have someone help you read it.
For free help, please call us at 1-800-391-2000.