

exercise

Cordless phones, remote controls and escalators are among the many items that have contributed to our sedentary lifestyles.

In combination with a balanced diet, a healthy level of exercise/activity in our lives will not only help us to change the way we look, but also improve mental alertness, digestion, agility and strength, balance, circulation and can also help prevent osteoporosis.

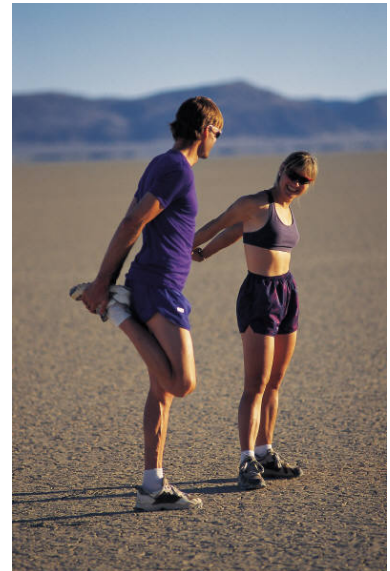
There are many different activities that can be done to incorporate exercise into our daily lives, and in most cases there is a form of exercise to suit almost anyone with their particular needs. Remember, exercise should not cause you pain, and it does not have to cost you anything!

There are many reasons why an individual may not want to, or cannot exercise, including injury, illness, disability, age, time and confidence.

When starting a new exercise regime it is important to remember that everyone has a different level of fitness. Generally the best guideline is to start by making small changes and gradually building on them. Try not to do too much too quickly. Remember to think big but start small. Begin with something simple like a walk at lunchtime. Remember that you do not have to push yourself to the limit; some activity is better than no activity. If you have not done any exercise for a while, ensure that you consult your doctor first.

Ideas for exercises or activities to include in your daily routine include:

Pilates, tennis, swimming, aqua aerobics, walking, jogging, bike riding, exercise tapes, join a sporting team (basket ball, hockey, soccer), aerobics classes, dancing. Try an extreme sport like kickboxing, martial arts, ice skating or rollerblading! Get outside and garden or mow the lawn, think of housework as exercise and put the effort in, park the car a few blocks from work or your destination and walk that bit further, take the stairs instead of the lift!



Exercise Tips

Drink lots of water, before, during and after your exercise session. 2 litres of water a day is always important, but when active our body needs to replace this.

Wear comfortable clothes and shoes. Don't dress so that you will overheat.

Choose exercise options that are readily available to you. Think of activities that have minimal costs and need for equipment, don't require specific venues and are not dependant on the weather. For example walking, running or exercise tapes at home.

Make an appointment with yourself! Set aside a particular time each day for your personal exercise time. This way exercise can become a habit.

There are many different ways you can get active and finding a way that suits you is important. Many doctors will recommend 30 minutes of exercise a day, but the good news is this does not have to be done all at once. You may choose to get off the bus one stop earlier and have a 10 minute walk home. You may also choose to walk down to the local café to buy lunch, which may add another 15 minutes to your exercise for the day. Finally if you vacuum the lounge room when you get home you have completed your daily exercise routine.

References

<http://www.readyed.com.au/healthy/exercise.htm>
<http://www.naturesown.com.au/fatfighter/exercise.html>
<http://www.mydr.com.au>
www.betterhealth.vic.gov.au

SSATexercise010405V1.0