



The Basics of Exercise

A little goes a long way

Three out of every five adults in the United States are overweight or obese. Adding exercise into your daily routine can help shed those unwanted pounds and add years to your life. As a result, you'll feel better inside and out.

Check with your doctor before starting any exercise program, especially if you have a chronic health condition like diabetes, high blood pressure or congestive heart failure.

Start smart

Make exercise a fun and safe part of your daily schedule. Here are a few tips to help you get started:

- **Start slowly and be realistic.** Think about the amount – and types – of exercise you can do now, and how to build on it.
- **Wear comfortable shoes and clothes** to move freely.
- **Take 5 minutes to warm up** before you exercise. Walk or march in place, then stretch.
- **Keep water near you** while exercising. Drink 2 to 4 glasses of water (16 to 32 ounces) for every hour of exercise.
- **During exercise, take the talk test.** If you can't carry on a conversation while exercising, you might be working too hard.
- **Switch up your routine.** Walk one day, then swim or ride a bike the next day.

- **Cool down** for 3 to 5 minutes afterward by exercising at a very slow pace. Then finish with 5 minutes of stretching.

Remember to listen to your body. Stop if you feel pain or too much discomfort.

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CalViva Health makes health education programs and services available to our members. It's one more way we make health care work for you!



Get enough exercise

Adults should aim for at least 30 minutes of moderate exercise every day. You can do 30 minutes once a day or 10 minutes 3 times a day. Be sure to switch it up between aerobic, strength-building and flexibility exercises.

Aerobic exercises help get your heart rate up. Try activities like swimming, fast walking, bicycling, and fast dancing 3 to 5 times a week.

Strength-building exercises help strengthen your muscles. Try activities like weight training, resistance band exercises, push-ups, sit-ups, or squats 2 to 3 times a week. Need a resistance band? CalViva Health members may receive one at no cost by calling the Health Education Department.

Flexibility exercises help loosen up your body. Be sure to stretch every day.

Set a good example for the kids. Active kids are healthier. Encourage children to exercise for one hour every day. Have them play outside or try team sports. Limit TV watching, video games and computer time to less than 2 hours per day.

What's in it for you?

There are many benefits to a good exercise program. Daily exercise can:

- increase your energy level
- strengthen your heart and lungs
- lower your risk for diabetes and stroke
- lower blood pressure and cholesterol levels
- develop stronger muscles
- improve flexibility
- relieve stress
- help you control your weight and appetite
- improve sleep
- boost self-esteem

Call us! For more information about CalViva Health's health education programs and materials, call **1-800-804-6074** (TTY/TDD **1-800-431-0964**) or visit **www.CalVivaHealth.org**.