

Regular exercise has many benefits. It can help prevent health problems such as diabetes, high blood pressure, heart disease, stroke and more.

Through exercise, you build a stronger heart and lungs. You may keep your arteries clear of blockages. You will sleep better. You will prevent or slow bone loss. And your mood will improve.

Medical Mutual wants you to get moving! You will live longer and be healthier.

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Exercise

Tips for Good Health



The Benefits of Exercise

Manage Your Weight

One of the benefits of exercise is it helps you manage your weight. And that boils down to one thing: The more calories you burn, the easier it is to maintain or lose weight. Exercising helps you burn more calories.

Protect Your Bones

Your bones are the key structure of your body. Without them, you would not have a support structure or be able to move. Aerobic and muscle-strengthening exercises can slow bone loss.

Reduce Health Risks

When you exercise, you reduce your risk for illness and disease. Exercise helps build a stronger heart and lungs and helps keep your arteries clear.

Improve How You Feel

Exercise improves your mood and leads to better sleep. It also helps you have a better quality of life as you age. You will be stronger, more mentally fit and independent.

Talk with your doctor before starting any exercise program. Getting fit will not be the same for everybody. Your age, gender, heredity and eating habits will all make a difference.

Get Started

Learn Your BMI

Find out your Body Mass Index (BMI) to see if your weight is within a healthy range. It is calculated by a formula that uses weight and height. A healthy BMI is between 18.5 and 24.9. A BMI over 25 is overweight, and a BMI over 30 is obese.

To calculate your BMI, visit the Centers for Disease Control and Prevention website at [cdc.gov](https://www.cdc.gov) and type BMI in the search box.

Figure Out Your Goals

Tailor your exercise routine to fit your goals. You might be training for your first 5K, trying to lose weight or managing a chronic disease. Start slow. Increase your exercise as your stamina gets better.

Most adults should get at least 150 minutes of moderate intensity aerobic activity each week, plus activities that strengthen all major muscle groups at least two times a week.

Give yourself plenty of time to warm up and cool down. Don't forget to stretch your muscles before and after exercise, and drink plenty of water.

Make Exercise Routine

Make exercise part of your normal routine. Challenge your heart, lungs and muscles to perform beyond your ordinary activities.

There are three parts to building your fitness routine:

- Aerobic exercise, to get you breathing harder and increase your heart rate
- Strength training, to work all your major muscle groups (legs, back, chest, stomach and arms)
- Stretching and flexibility, to focus on your leg, hip, lower back, neck and shoulder muscles

Stick with your routine by remembering these tips:

- Set short-term, smaller goals. Major changes do not happen overnight.
- Pick things you enjoy and make it a habit.
- Be patient. Start slowly and stick with it.
- Challenge yourself with a new activity or goal.
- Wear properly fitting shoes.

Sources:

- Centers for Disease Control and Prevention: [cdc.gov](https://www.cdc.gov)
- Mayo Clinic: [mayoclinic.com](https://www.mayoclinic.com)
- American Council on Exercise: [acefitness.org](https://www.acefitness.org)
- American Heart Association: [heart.org](https://www.heart.org)