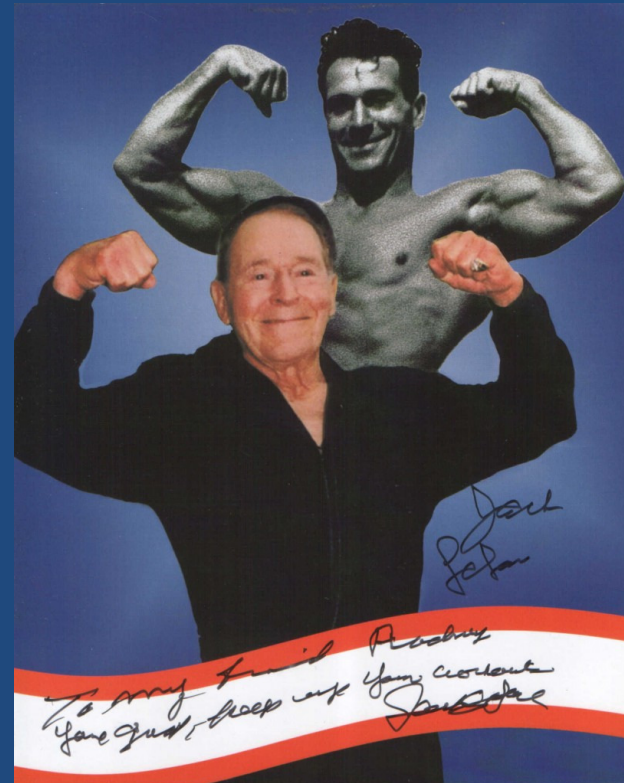


Benefits of Physical Activity

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Jack LaLanne inspired millions!



“The only way you can hurt the body is not to use it. Inactivity is the killer and it is never too late to start.” ~ Jack LaLanne

What is the Leading Cause of Death in the U.S. ?

Cardiovascular Disease (CVD) is the #1 cause of death for men & women in the U.S.

Physical inactivity is a major risk factor for CVD.

Health Benefits of Physical Activity

- Decreased risk of developing heart disease, high blood pressure, high cholesterol, diabetes, obesity, certain cancers, & osteoporosis
- Maintain lean tissue, which often declines with age
- Improved moods & self confidence
- Control arthritis pain
- Manage stress levels
- Perform day to day activities with ease

Magnitude of Physical Inactivity

We know exercise is good for us but many people are still inactive.

According to the American Heart Association, 62% of adults over age 18 years of age lead completely inactive lifestyles.

#1 Excuse for Not Exercising

Lack of Time



Active vs. Non-Active People

- Active people make exercise a priority. They find a way to exercise no matter what life throws at them.
- They don't confuse "being busy" with being active.
- Active people plan their workouts, maintain a backup plan, and even commit to a shorter workout if that is all that time allows.
- Active people don't make exercise excuses.

Quote from a Nike Advertisement

“Someone busier than you is running right now.”



Physical Activity Recommendations to Improve Health Benefits

- Get at least 30 minutes of moderate intensity physical activity on most days of the week.
- Don't think of this as an "all or nothing approach".
- Break up your workout into smaller chunks throughout the day.

Moderate Intensity Physical Activity

Activity that increases your heart rate and gets your blood pumping without leaving you out of breath or exhausted.

Gradually increasing intensity & time bring about greater health & fitness benefits.

Ways to Become a More Active Person

- Take stairs rather than elevator
- Park car further away
- Hide remotes
- Skip drive-thrus
- Keep comfortable walking/running shoes in car
- Exercise while watching TV
- Many more examples.....



You Can Do It!

Life is always going to be busy, stressful, and difficult, but we must learn to weave workouts and other healthy habits into our current lives. It comes to re-prioritizing what is important in our lives.

Exercise Options in the Community

- Mason County Physical Activity Resource Guide
- Key is to make it fun and find something you enjoy!

