

## Exercise

Exercise is like a magic potion for improving your health. I recommend 30–45 minutes of exercise a day, but every bit of movement works in your favor. Even a 15 minute walk can be beneficial. It doesn't matter what kind of exercise you prefer – just get your body moving!



### Getting Started

Exercise does wonders for your body and your mind. Are you one of the millions of Americans who have fallen into the habit of getting very little movement at all? Does your daily “exercise” consist of getting out of bed, lifting a coffee cup, driving your car, sitting in an office chair all day and vigorously working the TV remote all evening? Or has aging and perhaps a few extra pounds “slowed you down” to the point you barely move at all anymore?

If you are presently getting little or no exercise you will be astonished at the difference it can make to your health and your spirits when you start getting even 15–30 minutes of movement. Within a few days you'll feel better, look better, and you'll start looking forward to your exercise rather than dreading it or putting it off. Once you start it's easy to increase your exercise to the recommended 30–45 minutes a day.

### Benefits of exercise

Exercise maintains muscle tone, improves mental health, decreases the chances of heart disease, decreases risk of breast cancer and improves joint and bone health. It also simply makes you feel better!

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## The Choice Care Life Potential Program Preventative Care

It is within your power to make a difference in your health. Unfortunately it is too easy to ignore risks to your health and it can be very hard to make effective changes that improve your health. Dr Zwelling's Life Potential program makes preventative care information accessible, and our Life Potential Profile can help you take control of your life 3 Easy Steps at a time.

### What kind of exercise?

If you haven't been getting much exercise, ANY kind of exercise will be beneficial. Ideally you should exercise enough to raise your hear rate for at least 20 minutes at least 3–4 times per week. Exercise that increases your heart rate is often called “cardio” or “aerobic” exercise and can consist of walking, running, treadmill exercise, aerobics, swimming or water aerobics. Heart rate monitors that can be used during exercise are inexpensive and readily available. I'll be glad to help you calculate heart rate goals that are appropriate to your age and medical condition.

A certain amount of strength conditioning is highly desirable. Lifting weights (even little ones) works very well, but there are plenty of alternatives if you can't get past the image of those slightly odd Venice Beach weight lifters out of your mind! There are elastic bands, “medicine balls”, little weighted bands to put on your wrists and ankles while you walk or work around the house. There are exercise machines, “exercise chairs”, and of course there are dozens of fitness clubs in the area. Fitness clubs come in varieties to suit everyone – you can exercise in a group, in a private room, in clubs or areas that are only men, only women, only seniors. Talk to me about your needs and I'll help you choose your exercise program or help you find an appropriate fitness club.

### Precautions

If you get exceptionally short of breath, experience chest pain or get dizzy you should stop exercising immediately. Sit and rest. If you do not recover immediately you should call 911.

Sharp pains or chronic soreness in joints or muscles are usually a sign that you've overworked or just “moved wrong” and have done some (usually minor) damage. If some part of your body starts hurting during exercise, give it a rest. If the pain persists for more than a couple of days you should consult me.

*“If I'd known I was going to live so long, I'd have taken better care of myself.”*     *-Leon Eldred*

