**Exercise Sentences**

4 Types of Exercise:

**Endurance**

Aerobic activities

Increases your breathing and heart rate.

Heart, lungs, and circulatory system health

Improves your overall fitness.

helps relax blood vessel walls, lower blood pressure, burn body fat

lowers blood sugar levels, reduce inflammation, boost mood

raise "good" HDL cholesterol.

Long term: reduces your risk of heart disease, stroke, type 2 diabetes, breast and colon cancer, depression, and falls.

150 minutes per week of moderate-intensity activity

brisk walking or jogging, swimming, yard work, dancing

**Strength**

[Strength exercises](https://go4life.nia.nih.gov/exercise-type/strength/) make your muscles stronger.

stimulates bone growth

lowers blood sugar

assists with weight control

improves balance and posture

reduces stress and pain in the lower back and joints.

helps carry out everyday activities, such as climbing stairs and carrying groceries.

lifting weights

using a resistance band

using your own body weight.

2-3 times per week

**Balance**

[Balance exercises](https://go4life.nia.nih.gov/exercise-type/balance/) help [prevent falls](https://go4life.nia.nih.gov/preventing-falls/)

lower-body strength exercises

Standing on one foot

heel-to-toe walk

Tai Chi

**Flexibility**

stretch your muscles

freedom of movement for your everyday activities

shoulder and upper arm stretch

calf stretch and yoga.

Retrieved from: <https://go4life.nia.nih.gov> ; <https://www.health.harvard.edu>

**Fitness Slogans**

Everyone needs a tune-up

Don’t stop till you drop

Too fit to quit

Sweat up a storm

No pain. No gain

Healthy mind in a healthy body

Shape it up

Rest a while and run a mile

Make sweat your best accessory

Better sore than sorry

Just do it

Use it or lost it

Get a jump on your day

Celebrating health

Find a way or make one

The hardest part is waking up

Live longer, live stronger

Eat well

Whip your assets into shape

Fit and fine

Energize your life

Mind, Body and Soul

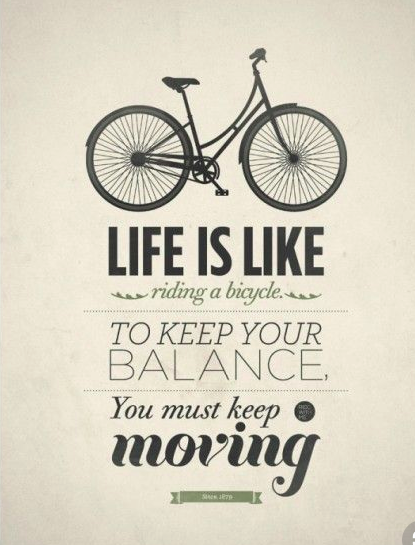
Get out what you put in

Way to go

Keep calm and exercise more

https://www.logoorbit.com





**Exercise and Physical Activity Motivation Ideas**

Adding variety to a fitness program is a good way to keep motivated.

**Vary the activity.** If you are getting bored with walking, try swimming or an aerobics class.

**Vary the place.** Try a new route for walking or biking or even a different room for your exercises or stretching. By having several options, you can pick one that suits your mood or schedule.

**Vary the time.** Do your exercises at different times and for different amounts of time. If you become bored with your noon walk, try exercising in the early morning or after work or school. Instead of doing one 45-minute session, do three 15-minute sessions.

Activity at the office

If your job includes lots of sitting, try adding these short bursts of activity to your day:

Use your commute to do some extra walking. Park several blocks away, or get off the bus a few stops early.

Use the stairs instead of the elevator, at least for a few floors.

Suggest holding meetings with colleagues during a walk inside or outside the building.

Go the extra distance when possible: Get your coffee on another floor (use the stairs) or use the restroom that's the farthest from your office.

If you need to speak to a coworker, walk to that person's office or station rather than using e-mail or the phone.

Use your morning and afternoon breaks to take quick 15-minute walks.

Coaching and teaching

If you are bored with a sport or activity that you once enjoyed, coaching or giving instruction can renew your interest.

Youth leagues for organized sports are often seeking good coaches.

Take classes to become a certified fitness leader.

If you cycle, offer to lead a group of schoolchildren on a bike ride to teach bicycle safety.

Offer to lead a walking group.

Competition

Competition can be a good motivator because:

It gives you a specific and measurable goal to work toward, such as walking or running a 5 km or 10 km race.

Learning the details of a new course or event and then preparing for it can restore the excitement and challenge that's gone from more familiar competitions.

Helping to plan or organize a competitive event instead of entering it can provide friendship and fun with others interested in the same activity.

Cross-training

Cross-training is the combination of various activities to spread the work among various muscle groups. Cross-training has some important advantages:

It prevents boredom by providing variety. It can help you break out of a slump.

It helps you maintain balance among your various muscle groups. For instance, runners who have developed powerful leg muscles might cross-train to strengthen the upper body, which does not get a good workout from running.

It reduces the risk of injuries because the same muscles are not being stressed in the same way during every workout.

Some exercise machines, such as elliptical cross-trainers, can help you cross-train. Or you can use exercise machines that give variety to your program by working muscle groups that aren't heavily used in your primary activity.

Retrieved from : <https://www.stlukesonline.org>

**4 of the Best Exercises You Can Ever Do**

Swimming

You might call swimming the perfect workout.

The buoyancy of the water supports your body and takes the strain off painful joints so you can move them more fluidly.

Swimming is good for individuals with arthritis because it's less weight-bearing.

Research has found that swimming can also improve your mental state and put you in a better mood.

Water aerobics is another option. These classes help you burn calories and tone up.

Tai Chi

This Chinese martial art that combines movement and relaxation is good for both body and mind.

In fact, it's been called "meditation in motion."

Tai chi is made up of a series of graceful movements, one transitioning smoothly into the next.

Because the classes are offered at various levels, tai chi is accessible — and valuable — for people of all ages and fitness levels.

It's particularly good for older people because balance is an important component of fitness, and balance is something we lose as we get older.

You can find tai chi programs at your local YMCA, health club, community center, or senior center.

Strength Training

Lifting light weights won't bulk up your muscles, but it will keep them strong.

If you don't use muscles, they will lose their strength over time.

The more muscle you have, the more calories you burn, so it's easier to maintain your weight.

Similar to other exercise, strength training may also help preserve brain function in later years.

Start light, with just one or two pounds. You should be able to lift the weights 10 times with ease.

If you can easily lift the weights through the entire range of motion more than 12 times, move up to slightly heavier weight.

Walking

Walking is simple, yet powerful.

It can help you stay trim, improve cholesterol levels, strengthen bones, keep blood pressure in check, lift your mood, and lower your risk for a number of diseases (diabetes and heart disease, for example).

A number of studies have shown that walking and other physical activities can even improve memory and resist age-related memory loss.

Start with walking for about 10 to15 minutes at a time.

Over time, you can start to walk farther and faster, until you're walking for 30 to 60 minutes on most days of the week.

Retrieved from <https://www.health.harvard.edu>

**Benefits of Regular Exercise**

It can make you feel happier. Exercise has been shown to improve your mood and decrease feelings of depression, anxiety and stress

It can help with weight loss Exercise is crucial to supporting a fast metabolism and burning more calories per day. It also helps you maintain your muscle mass and weight loss.

Exercise plays a vital role in building and maintaining strong muscles and bones. Physical activity helps you build muscles and strong bones. It may also help prevent osteoporosis

It can increase your energy levels. One study found that six weeks of regular exercise reduced feelings of fatigue for 36 healthy people who had reported persistent fatigue

It can reduce your risk of chronic disease. Lack of regular physical activity is a primary cause of chronic disease

It can help skin health. Moderate exercise can provide antioxidant protection and promote blood flow, which can protect your skin and delay signs of aging

It can help your brain health and memory. Regular exercise improves blood flow to the brain and helps brain health and memory. Among older adults, it can help protect mental function.

It can help with relaxation and sleep quality. Regular physical activity, regardless of whether it is aerobic or a combination of aerobic and resistance training, can help you sleep better and feel more energized during the day.

It can reduce pain. Exercise has favorable effects on the pain that's associated with various conditions. It can also increase pain tolerance.

Whether you practice a specific sport or follow the guideline of 150 minutes of activity per week, you will inevitably improve your health in many ways.

Retrieved from: <https://www.healthline.com/>