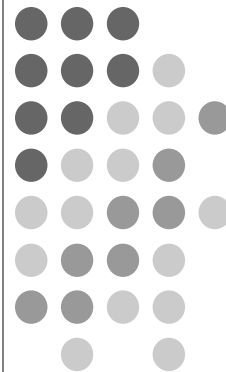


Facts on Exercise & Fitness



Fitness is about moving:

- Stretching muscles
- Working lungs and heart
- Warming up joints

Four Key Areas to Staying Healthy and Independent:

- **Endurance** comes from aerobic activity—anything that increases heart rate and breathing. Walking, swimming, dancing, bicycling, and jogging are activities that build stamina.
- **Strength** training builds muscles, strengthens bones, and helps prevent diseases such as osteoporosis. This usually refers to any weightlifting, but can also include bicycling, hiking, and bowling. Strength training increases the body's metabolism, which in turn keeps weight and blood sugar in check.
- **Flexibility** comes from stretching exercises. They help prevent injuries and improve posture.
- **Balance** exercises build up leg muscles. Good balance helps prevent falls!

Fitness Promotes:

- Positive self-image
- Healthier muscles, bones, and joints
- Weight control
- Stronger heart and lungs
- Improved immune system
- Better sleep

Regular Exercise Reduces:

- Risk of heart disease, colon cancer, and diabetes
- Blood pressure and cholesterol levels
- Pain and joint mobility in osteoarthritis
- Depression, stress, and anxiety
- Osteoporosis

Getting fit is easier than ever. Just 30 minutes a day can boost health!

See your physician before beginning a new exercise program.

To learn how to receive a free copy of *Exercise: A Guide from the National Institute on Aging*, contact:
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