



Well Maybe Not That Physically Active

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PHYSICAL ACTIVITY

Talk to your doctor about whether or not you should start, increase or maintain your level of exercise. High quality medical research is repeatedly proving that exercise is great for you.

You are not getting old, you are becoming immobile. Now, off your duff! Exercise prevents falls, swelling, shortness of breath, heart disease, depression, and possibly Alzheimer's. Exercise improves bone density, brain function, sleep, and obesity. Exercise also improves heart disease, anxiety, depression, diabetes, and blood pressure. Boxing training exercises are better than medication for Parkinson's disease.

Check out – Rock Steady Boxing – (they don't hit each other)

Dr. Willey's Television Rule:

You can watch TV but not commercials. Walk during every commercial. One to three minutes every 10 to 15 minutes for a total of 20 minutes per hour.

Tips for Physical Activity

- ❖ Park as far away as possible instead of as close as you can
- ❖ Take the stairs if there is a railing
- ❖ Go dancing
- ❖ Join the YMCA or another fitness center... and go
- ❖ Walk in the park, ask your dog to walk you
- ❖ Walk in a pool if arthritic
- ❖ If mowing the lawn is your exercise, don't ride the mower... and do it daily 😊
- ❖ Exercise with someone... a buddy improves consistency
- ❖ Put your treadmill or bicycle in front of your TV instead of your easy chair
- ❖ Don't let the weather be an excuse... walk the mall, local recreation center, local church, YMCA, etc.

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