

Work Outs

1. Be active! It is easy to fit physical activity into our daily lifestyle. Physical activity helps to maintain a healthy weight & reduces the risk of developing chronic diseases. Start now & slowly increase your physical activity until reaching a total of 2 hours & 30 minutes every week.

2. Be physically active your way. Pick activities that you like & start by doing what you can, at least 30 minutes at a time. Every bit adds up & health benefits increase as you spend more time being active.

3. Correct pre & post workout foods. When exercising & muscle building you need to consume the right foods before & after exercise in order for your bodies to be able to function well during exercise & also to recover following activity. Muscle is built in the hours following exercise, so eating the right foods with a good blend of carbohydrate & protein, is crucial in order to allow the muscles to grow & strengthen.

4. Get plenty of exercise. Exercise is a dieter's best friend. It not only burns calories, but can actually improve your resting metabolism. No time for a long workout? Research shows that three -10minute spurts of exercise per day are just as good as one -30minute workout. Take the stairs instead of the elevator or park in the back of the parking lot. Every bit helps.

5. Aerobic activities like running, cycling, & swimming strengthen your heart & increase your endurance

6. Flexibility exercises like stretching & yoga help prevent injury, enhance range of motion, reduce stiffness, & limit aches & pains.

