



## Making **LIFE** Work

# Keeping Fit

**Good physical health is essential to making life work. All of us can take relatively inexpensive steps now to safeguard our health or pay thousands if not tens of thousands of dollars on medical bills years from now.**

Physically active people have the lowest incidence of several chronic diseases—heart disease, hypertension, type 2 diabetes, and even some forms of cancer. The current physical activity recommendation is 30 minutes per day or 2½ hours of moderate exercise per week. Whether you get all of your physical activity at once or spread it out in little bits throughout the day, every minute of physical activity counts toward your daily goal.

For those who are able, walking is one of the most effective measures you can take to prevent chronic disease and other problems, such as infections. Walking and other forms of exercise boost the immune system. Walking also relieves stress, which is known to affect health. Brisk walking and being outdoors boosts endorphins, which can reduce stress hormones and have an impact on depression. Over time, you could expand your walking program into a full-fledged jogging program that would burn more calories and exercise the heart even more than walking.



Other exercise options include working out online with YouTube or social media platforms and using fitness apps or video games that require exercise (Xbox, Nintendo, or Wii). An exercise program with resistance training such as push-ups, crunches, jumping jacks, and squats may be effective for some. If you are new to regular exercise, check with your health care provider before you start your fitness journey.

