

WELL AWARE

YOUR WEEKLY WELLNESS RESOURCE

Get Moving!

20

Exercise Benefits

1. Reduces body fat
2. Increases lifespan
3. Oxygenates body
4. Strengthens muscles
5. Manages chronic pain
6. Wards off viruses
7. Reduces diabetes risk
8. Strengthens heart
9. Clears arteries
10. Boosts mood
11. Maintains mobility
12. Improves memory
13. Improves coordination
14. Strengthens bones
15. Improves complexion
16. Detoxifies body
17. Decreases stress
18. Boosts immune system
19. Lowers blood pressure
20. Reduces cancer risk



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Get Moving for 20 Minutes

Here are 20 simple, practical ways to work exercise into your day even when you're short on time:

Around the House

1. When you go outside to pick up your morning newspaper, take a brisk 5-minute power walk up the street in one direction and back in the other.
2. If you're housebound caring for someone, hop on an exercise bike or do a treadmill workout while your loved one naps.
3. Try 5 to 10 minutes of jumping jacks. (A 150-pound woman can burn 90 calories in one 10-minute session.)
4. Cooking dinner? Do standing push-ups while you wait for a pot to boil. Stand about an arm's length from the kitchen counter, and push your arms against the counter. Push in and out to get toned arms and shoulders.
5. After dinner, go outside and play tag or shoot baskets with your kids and their friends. Go for a walk or try out a putting green.
6. Just before bed, do a few repetitions of some dumbbell exercises.
7. Use a ringing phone as an excuse to stretch your back. Stand with your feet astride. Imagine that you are encased in a plaster cast from your waist to your head. Gently tilt the lower part of your pelvis backward. Contract your abdominal muscles. Then gently tilt your pelvis forward.

Around the Community

8. Walk around medical buildings if you have a long wait for a doctor's appointment. Ask the receptionist to give me an idea of how long you have left to wait. Most are very willing to tell you.
9. If you dine out, walk on a route that takes you a little bit out of your way.
10. If you are meeting someone, leave 5 or 10 minutes early (or take some time afterward), and do some extra walking.
11. Spend 5 to 10 minutes climbing stairs.

12. If you're pressed for time and must wait for an elevator, strengthen your core with ab exercises. Stand with your feet parallel and your knees relaxed. Contract the muscles around your belly button. Then elevate your upper torso, and release. Finally, contract your buttocks for a few seconds.

13. Do calf stretches while riding in elevators.

When You're Watching TV

14. Put away your remote and change channels the old-fashioned way—by getting up and walking to the television set.
15. Dance as if you were 16 again. Put on a music program or MTV. Then dance like crazy.
16. During commercials, walk or jog in place. A 150-pound woman can burn up to 45 calories in 5 minutes.
17. Do leg exercises and lifts with small weights while you watch *The Weather Channel*, cooking shows, movies, or the news.

While Traveling

18. If you're traveling by car, stop twice a day for short, brisk walks and some stretching.
19. During layovers at airports, avoid the mechanized "moving carpets" that transport travelers from concourse to concourse. If you're in between flights, walk around the concourse as much as you can.
20. Park as far from the entrance as you can.

<http://www.prevention.com/fitness/fitness-tips/fitness-25-fast-and-easy-ways-fit-10-minutes-exercise>

