

Building Wellness – EXERCISE

“Those who think they have no time for bodily exercise will sooner or later have to find time for illness. ~ Edward Stanley

Have you ever heard that regular exercise is good for you? Chances are good that yes, you have. Yet, I talk to people every day who struggle to carve out some time in their day to exercise. Recent research reveals that regular exercise is a habit with only 28% of the people surveyed.

Illness doesn't fall upon us on that day that we don't exercise, so the lazy nature in us tells us that another day of neglect won't hurt. Day by day, our lazy nature wins out. But sooner or later, those who think they don't have the time for exercise will be forced to find time for taking care of chronic disease. We need to face the fact that we really DO have the time. We may not have priorities or discipline or a plan, but we DO have time. So, we need to take inventory of the many reasons that we should incorporate exercise into our activities of daily living.

Researchers agree that exercise is effective in reducing the risk and symptoms of chronic disease. A recent study found that people who exercise at least 5 times per week have 45% fewer sick days and experience much milder symptoms when they do get sick.

Exercise enhances cardiovascular health, increases muscle mass, decreases blood pressure, helps maintain good insulin and cholesterol levels, helps bone density, improves energy levels, helps our mood, improves our mental function, gives us more restful sleep, and prevents chronic illnesses.

Did you know that regular exercise can even reduce your risk of cancer? It's true; research has shown that walking for 30 minutes 3 days per week can reduce a woman's risk of breast cancer by 30%.



“A friend said I was sick for jogging. He's the same guy who's had some viral ick five times last winter.”

Three types of exercise that should be in your wellness plan:

- 1. Aerobic or cardiovascular exercise** – Regular aerobic exercise progressively strengthens the heart and lungs, is a great fat burning form of exercise, and has tremendous general health benefits.
- 2. Strength training** – The benefits include increased muscle tone and body shape, increased bone density, improved hormone and mental function, decreased stress, increased metabolism, and weight loss.
- 3. Stretching exercise** – Stretching increases blood supply and nutrients to joint structures, increases soft tissue temperature, enhances elasticity of soft tissues, and acts as a lubricant for our bones and cartilage.