Exercise/Physical Activity

Exercising regularly is essential in supporting your mental and physical health. There are a wide range of activities you can do for exercise, at varying levels of intensity, depending on your physical condition and fitness goals.

The Benefits of Exercise

Regular exercise can help you:

- Reduce your risk of Type 2 diabetes, heart disease and stroke
- Lose or maintain weight
- Improve your mental health
- Manage stress
- Regulate cholesterol, blood pressure and blood sugar
- Increase blood circulation, muscle strength and bone density

Exercise Tips

- Try to get at least 2 hours of mid-level physical/aerobic exercise each week
- Start at a low intensity exercise and slowly increase your intensity
- Drink water before and after you exercise
- Be sure to take 5 minutes to warm up or cool down before or after your exercise activity

If you are starting a new workout plan, be sure to ask your doctor first, especially if you have a chronic health issue like diabetes, heart disease, heart conditions or arthritis

Types of Exercise

Two important types of exercise:

- **Cardio** (cardiovascular) exercise helps to increase blood and oxygen flow throughout your body
- **Muscle strengthening** helps to maintain and tone various muscles in your body

Here are some examples of exercise:

- **Indoor cardio exercise:** Treadmill, elliptical, stationary bike, walking/running on an indoor track, swimming, dancing, indoor soccer, hockey, basketball and other sports
- **Outdoor cardio exercise:** Hiking, bicycling, kayaking, rock climbing, walking/running on an outdoor track or trail, football, soccer, baseball and other sports
- **Muscle strengthening:** Pilates; yoga; weight lifting; body weight exercises like push-ups and sit-ups; weighted gym machines that target legs, arms, core, and other areas; some sports

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