

# GET MOVING

## TIPS TO ENJOY EXERCISE



You can't beat the benefits of exercise.\* It helps control weight, build bones and increase energy. It reduces stress and helps you sleep. Best of all, it lowers your risk for health conditions like high blood pressure, heart disease and stroke. Here are some tips for enjoying exercise.

### MIX IT UP

All types of exercise are good for you. To keep your routine interesting, alternate your activities.

Stretching exercises help you stay flexible and increase your range of motion. They improve coordination and prevent muscle strain. Try floor-stretching each muscle group. Do yoga or tai chi.

Aerobic exercises strengthen your heart and increase your endurance. Consider walking, running, biking or swimming. If you like group activities, try dancing, tennis or basketball.

Strength training builds muscles and stabilizes joints. It also increases bone density to help prevent osteoporosis and fractures. Try weightlifting, pushups, dumbbells or resistance bands.

\* Talk to your doctor or health care provider before beginning any type of physical activity or weight-loss program.

### MAKE IT FUN

It's easier to stick to a plan you like. Enroll in a fitness class or train for a race. Exercise with a friend. Consider a worksite walking program or biking with your family.

### PENCIL IT IN

Plan time to exercise. It may be different each day. But having it on your schedule makes it a priority.

### WALK BEFORE YOU RUN

Build up your fitness level gradually to avoid injury.\* Start slowly and work up to 30 minutes of moderate aerobic exercise five days a week. Be realistic about what you can do, and stop if you experience pain.



### LEARN TO ENJOY EXERCISE

Learn to enjoy exercise — and its benefits. Talk to your doctor. Or contact a Blues On Call<sup>SM</sup> health coach at 1-888-BLUE-428 (1-888-258-3428) and get moving today.

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10/16 CS201318



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