

The New Year is upon us, and the number one resolution is always the same. Who doesn't want to feel better, look great, have more energy, and even live longer? Look no further than exercise. In this newsletter, I am going to tell you about 5 benefits of exercising that are hard to ignore. You will even be able to enjoy some surprising fitness and health statistics!

### **Number 1: Exercise controls weight**

When you engage in physical activity, you burn calories. The more you exercise, the more calories you burn. It's that simple. If you struggle with finding time to work out, get more active throughout the day ---- like taking the stairs instead of the elevator. Did you know that more than 60% of adults don't get the suggested amount of regular physical activity? And 25% of all adults are not active at all!

### **Number 2: Exercise combats health conditions and diseases**

There is new information backed up by research stating that *all* ages and physical conditions benefit from exercise. Staying physically active and exercising regularly can help prevent or delay many diseases and disabilities, including dementia. The National Institutes of Health (NIH) report that even moderate exercise can improve the health of seniors who are frail or have diseases that accompany aging. In fact, regular physical activity can help you prevent or manage a wide range of health problems, including stroke, type 2 diabetes, depression, certain types of cancers, arthritis, and falls. So, growing older doesn't mean you have to lose your ability to do everyday tasks. Exercise can help you feel better and enjoy life more, even those who think they're "too old" or too out of shape. Did you know that participating in physical fitness activities for only 7 hours a week lowers your risk of an early death by 40% compared to people who are less active? Wow!

### **Number 3: Exercise improves mood**

A Surgeon General's Report on Physical Activity and Health (*PCPFS research Digest, 1996*) concluded that "physical activity appears to relieve symptoms of depression and anxiety and improve mood" and that "regular physical activity may reduce the risk of developing depression, although further research is needed on this topic." Regular activity stimulates various brain chemicals that may leave you feeling happier and more relaxed. You may even begin to feel better about yourself when you are regularly exercising, boosting your confidence and self-esteem. Did you know that there are 1,440 minutes in your day? Just schedule 30 of those for physical activities.

### **Number 4: Exercise boosts energy (and also promotes better sleep)**

Regular exercise can improve muscle strength and boost your endurance. It delivers oxygen and nutrients to your tissues to help your cardiovascular system work more efficiently, giving you more energy throughout the day while also enjoying a more restful night. Did you know that you can lose up to 80% of your muscular strength by the age of 65 if you have not engaged in regular exercise?

### **Number 5: Exercise puts the spark back in your marriage**

Do you feel too tired or too out of shape to enjoy physical intimacy? Well, regular activity can leave you feeling more energized and looking better, which can have a positive effect on your relationship.

So, what do you have to lose? It's never too late to improve your health. Exercise can also help you connect with friends or family in a fun social setting. Just find a physical activity that you enjoy or have always wanted to try, and go for it! And if you get bored, try something new!

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As always, before initiating an exercise regimen, please consult with your physician. If you're not sure what to do or where to do it, remember that you can always become a member of our state of the art fitness center for a low monthly fee. And yes, you can bring a friend!

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<http://www.mayoclinic.com/health/exercise>

<http://seniorliving.about.com/od/exercisefitness1/a/benefitexercise.htm>

<http://.fitnessstatistics.com>

<http://fitness.gov/mentalhealth.htm>

**The health information contained herein is provided for educational purposes only and is not intended to replace discussions with a healthcare provider. Decisions regarding patient care must be made with a healthcare provider, considering the unique characteristics of the patient.**

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