

With the beginning of a new year ahead, it is time to make your New Year's resolutions. Now many people may have made resolutions to get healthy and exercise, but do we really stick to them? Well, if you don't here is a great reason why you should: **Physical activity prevents chronic disease.** You can help prevent diseases like obesity, heart disease, high blood pressure, diabetes, arthritis and osteoporosis by exercising. The American Medical Association agrees that if you exercise at least 30 minutes a day, 3 - 5 days a week, you can prevent these diseases or improve your current health. You will also feel better, have more energy and sleep better when you exercise regularly. Most importantly, **you are never too old to start a fitness program.** The surgeon general actually states that you are hurting your health more by being physically inactive. So, whether you are 25 or 75, exercise can help you attain a healthier, more independent lifestyle for years to come.

Not sure how to make it happen? Here are a few steps to follow to help put you on the path to a healthy lifestyle.

1. **Set aside time to exercise.** If you tell yourself you will work it into your schedule or do it later, it will most likely not happen.
2. **Start slow.** If you are not used to following an exercise routine, start with something simple. If you try too much too quickly, you will lose interest.
3. **Choose activities you enjoy.** You do not have to run to be active. Walking or riding a stationary bike is just as good for you.
4. **Add some strength training.** And no, you don't have to lift weights, but using therabands or some other type of resistance, even your own body weight, will help keep you from losing muscle that you would naturally lose as you age.
5. **Track your activity.** Keep an exercise log to track your progress.

If you are still not convinced or maybe just intimidated by gyms and all the equipment, there is an easy way to get help!!!

Here at PRI we offer an Independent Gym Program that gives previous patients access and full use of any and all of our exercise equipment. To start it all you need to do is call our Stone Oak location (545-9355) to set up an initial consultation and training appointment. At this time one of our assistants will customize an exercise program, walk you through it, and show you how to track your progress. After the first training appointment, you are free to come whenever and as often you please during our normal business hours (7AM-6PM, Mon-Fri and 8AM-12noon, Sat.) We have never charged a sign-up or cancellation fee and don't require any long term contracts. You pay as you go, month by month. There are currently several individuals taking advantage of this program, and to encourage more to consider bettering their health with exercise, we are lowering the \$60 per month fee to \$45.

Please take advantage of this program. You won't regret it.

Wishing you a Merry Christmas and Happy, Healthy New Year!

Information from the American Medical Association's Exercise is Medicine at www.exerciseismedicine.org

Exercise: 7 benefits of regular physical activity at www.mayoclinic.com

Department of Health and Human Services' Presidents Challenge at fitness.gov

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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