



# EXERCISE, HUH, YEAH! WHAT IS IT GOOD?

Absolutely nothing...except preventing disease, keeping you young and reducing stress.

HelloHealthy

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## The truth about exercise



Most people believe that working out is important because it causes us to burn calories and lose weight. While this is 100% true, it's only half of the story.

Regular exercise causes every area of our bodies to change for the better: **your heart, muscles, and brain.** Just to name a few.

In short, exercise makes you the best version of yourself: **healthy, youthful and happy.**

## Why workout?



### Because you don't want to be sick

Exercise gives your brain a boost of endorphins. Endorphins are neurochemicals that give you a sense of wellbeing. Working out also reduces your stress levels. If less stress and more happiness was not motivation enough, a University of Arkansas study found that people who are physically fit feel sexier.



### Because you want to feel young

We lose muscle mass as we age. These changes start as early as age twenty and by forty, many people have lost 8% muscle. Less muscle mass means less strength, mobility and more unwanted flab. Fortunately, studies show that exercise can prevent this age-related muscle loss. Working out might not prevent extra candles on the cake but it can keep you feeling young well past your 89th birthday!



### Because you want to feel happy, not stressed

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## THREE TYPES OF EXERCISE YOU SHOULD TRY

*These three types of exercise will improve your health and the quality of your life!*



### Steady State Cardio Exercise

#### What is it?

Steady state cardio exercise raises your heart rate by requiring you to repeat a certain movement at a moderate pace for an extended period.

#### Why is it beneficial?

Cardio exercise reduces your risk of heart disease by training the heart and lungs to work more efficiently. Steady state cardio can reduce stress by stimulating your parasympathetic nervous system. The parasympathetic nervous system is the division of your nervous system that shuts down your "fight or flight" responses to stress and allows you to relax.

#### HOW DO I START?

Take a brisk walk for 30-60 minutes. Try walking fast enough that you're breathing is heavy.



Many leisure sports like tennis, volleyball, & ballroom dancing are excellent forms of cardiovascular exercise.

### High-Intensity Interval Training



#### What is it?

High-Intensity Interval Training (HIIT) is a unique type of Cardiovascular exercise. HIIT workouts alternate between bouts of extremely difficult fast-paced exercise and bouts of very low-intensity work.

#### Why is it beneficial?

HIIT improves cardiovascular health and insulin sensitivity. What makes HIIT particularly beneficial is that it's more time efficient than other Cardiovascular workouts.

#### HOW DO I START?



Alternate between 30-second bouts of jumping rope and 90-second bouts of marching in place for a total of 15-20 minutes.



Run for 50 yards and then walk for 100 yards. Keep repeating this pattern for 15-20 minutes.



You can create HIIT workouts with many different types of exercise including body weight exercises, jumping, sprinting, rowing & cycling.



### Strength Training

#### What is it?

Strength training is any exercise that uses resistance to induce muscular contractions. These contractions will lead to an increase in strength, endurance, and size of skeletal muscles.

#### Why is it beneficial?

Strength training counteracts age-related muscle loss and can keep your bones strong and healthy. Strength training also helps you maintain a healthy weight by boosting your metabolism. The more muscle you have on your body, the more calories you'll burn throughout the day.

#### HOW DO I START?

You don't need a gym to strength train. Start with exercises that use your body weight like squats, push-ups, hip thrust and mountain climbers. Check Youtube for examples.



## 3 BY 3 CHALLENGE:

Complete each type of exercise at least once a week for 3 weeks.



Tell us how you felt & we might feature your story: [challenges@HelloHealthy.Com](mailto:challenges@HelloHealthy.Com)

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