

OptimalHealthSecrets.Com
LIA Lifestyle Instruction Aid

a1. Some benefits of exercise
Dr. Victor Jean Ouellette June 1999
Modified March 6, 2008

Reasons for Exercising

Boosts energy
Relieves stress
Decreases anxiety
Improved mental state
Improves sleep
Boosts health benefits like improved vascular tone
Good for the heart (Lowers the resting heart beat)
Helps low back pain
Increased blood flow helps the immune system fight infections
Increased hormone production helps fight inflammation
Increased muscle strength
Increased endurance
Increased lung function
Increased oxygen uptake
Increased flexibility
Increased ranges of motion
Better coordination
Better nerve function
Lowered body fat
Decrease in bone loss
Lowered blood pressure
Psychological well being kicks in after about two months
Cost effective way of saving on medications
Great way to meet people
Better sex life

Kinds of exercise

Aerobics
Endurance
Flexibility
Strength

How to get Started

Buy a pair of exercise shoes
Buy an exercise outfit

Join a gym or fitness centre

Focus on accumulated exercise (10 -15 minutes here and there)

Avoid the weekend warrior type of exercising

If you are pregnant; all the more reason to exercise routinely

Combine your child care responsibilities with your work out

Plan for seasonal change (Winter program, Rainy day program)

Buddy up or start a 'self help group'

Engage in several different types of activities to lessen injuries

Get sports injuries looked at right away

Some Secret keys to Exercising

1. Start Slowly
2. Build Gradually
3. Get expert advice

Copyright 1999, Dr. Victor Jean Ouellette, All Rights Reserved