

Importance of an Exercise Routine

A lifetime of fitness offers many benefits. Fitness can:

- Reduce your risk of health problems, such as heart disease, high blood pressure, diabetes, and some types of cancer.
- Manage your weight.
- Help you sleep better.
- Prevent or ease stress and depression.
- Boost your energy.

You need to continue exercising to keep these benefits. Here are some tips to make fitness a lifetime commitment:

- Build a fitness plan that you can stick with.
- Choose activities you like.
- Go slowly, especially when just starting out.
- Work up to being active 30 minutes on most days.

Aim for a total of 150 or more minutes a week of medium-intensity aerobic physical activity. Or try for 75 minutes or more of high-intensity aerobic activity a week. Or do an equal mix of both.

- **Medium-intensity activity**

This means your heart is beating faster and you can talk while you exercise. Examples are dancing, gardening, and brisk walking.

- **High-intensity activity**

This means your heart is beating faster and it's hard to talk in full sentences while you exercise. Examples may include running, swimming laps, and hiking uphill.

