

“It’s Time to Get Moving”

Janice Jircik, Director

The Wellness Center at Bayside

July 2, 2013

I know that most of you have heard that exercise and physical activity are beneficial to you. But did you know that being physically active on a regular basis is one of the healthiest things you can do for yourself? Fortunately, it is never too late to begin putting exercise and physical activity into your daily life. As summer 2013 is among us I challenge you to start with a healthier you. Studies have shown that all ages from young children to seniors can improve their health, both mentally and physically by putting physical activity into their daily routines.

Even though physical activity and exercise are among the healthiest lifestyle choices we can make for ourselves, some people are reluctant to exercise. There are many reasons that have been given such as exercise is too hard or that they may become injured. This is further from the truth; in fact, being sedentary and not exercising is risky. As we age, we can lose the ability to do things independently. This is generally not from age but from living an inactive life. According to the U.S. Surgeon General’s Report on Physical Activity and Health, inactive people are twice as likely to develop heart disease compared to those who are more active.

Staying physically active can help prevent or delay many diseases and disabilities. Exercise has been proven to be an effective treatment for many chronic conditions. People that have arthritis, heart disease, balance issues, high blood pressure, or diabetes can benefit from exercising daily. It has also been proven that daily exercising helps manage stress and improves your mood. Regular activity helps lessen depression and can help our cognitive skills which relate to planning and multitasking.

There are four areas of exercise that are important: endurance, strength, balance, and flexibility. The first area *endurance* will help increase your breathing and heart rate, in turn improving the health of your heart, lungs, and circulatory system. Some activities that you can do are brisk walking or swimming. The second area is *strength*. Strength exercises using weights and resistance bands will help increase muscle strength and balance. The third area is *balance*. Balance exercises can improve your ability to maintain your body position. It is very important to have good balance to help prevent falls. The final area is *flexibility*. Flexibility is using stretching exercises to help your body stay limber and flexible. This in turn gives you more freedom of movement in regular day to day activities.

Please remember it is never too late to get started. Physical activity and exercise can bring so many positive benefits to your life. Even if you think you are too out of shape or too old to exercise, think of the benefits that you will receive; more energy and the ability to handle day to day tasks with more ease are just a few.

We at the Wellness Center at Bayside are here for you. We are equipped with the resources you need to begin your journey to healthier you. If you have any questions please feel free to call us at 409-267-3700. The Wellness Center at Bayside is here to “*Add Life To Your Years, and Years To Your Life.*”