

EXERCISE, HUH, YEAH! WHAT IS IT GOOD?

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



Disclaimer: The info here is well researched but it's for informational purposes only. Always consult your health care provider, pay Uncle Sam and say no to drugs.

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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.

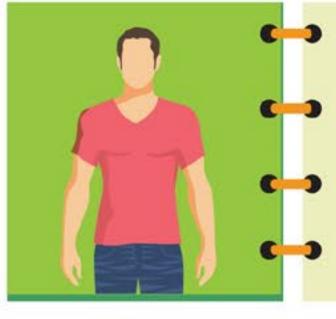
In short, exercise makes you the best version of yourself: healthy, youthful and happy.

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

will improve your health and the quality of your life!

These three types of exercise

Steady State Cardio Exercise

What is it?

pace for an extended period.

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.

Why is it beneficial? Cardio exercise reduces your risk of heart disease by training the Take a brisk walk for 30-60 heart and lungs to work more efficiently. Steady state cardio can reduce stress by stimulating your parasympathetic nervous system.



minutes. Try walking fast enough that you're breathing is heavy. Many leisure sports like tennis,



excellent forms of cardiovascular exercise

volleyball, & ballroom dancing are

What is it?

High-Intensity Interval Training



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?



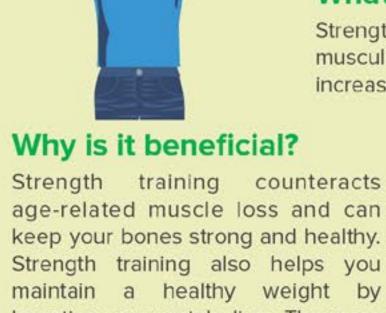
total of 15-20 minutes.



minutes. **Strength Training**



sprinting, rowing & cycling.



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.

What is it?

HOW DO I START? counteracts You don't need a gym to strength train. Start with exercises that use your

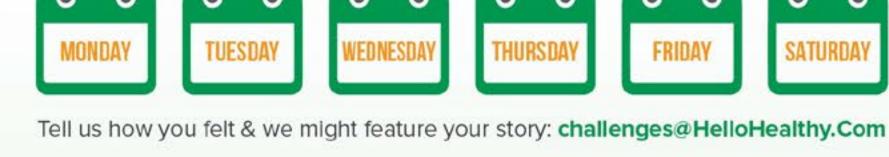
boosting your metabolism. The more

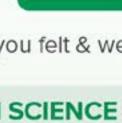
muscle you have on your body, the more calories you'll burn throughout the day. Complete each type of exercise at least once a week for 3 weeks.

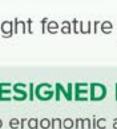
push-ups, hip thrust and mountain climbers. Check Youtube for examples. **3 BY 3 CHALLENGE:**



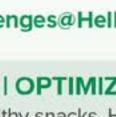
body weight like squats,













By Jude Chiy

BASED ON SCIENCE | DESIGNED FOR HUMANS | OPTIMIZED FOR FUN

From office yoga and Zumba to ergonomic assessments & healthy snacks, HealthyHealthy is the wellness solution you'd give your best friend. See our blog for great workplace wellness

program tips & infographics



SOURCES:

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- http://www.cdc.gov/physicalactivity/basics/pa-health/ https://www.acsm.org/docs/brochures/high-intensity-interval-training.pdf http://www.acefitness.org/fitness-fact-article/2678/weight-loss-diet-vs-exercise/
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