

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.

More fun at HelloHealthy.Com

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.

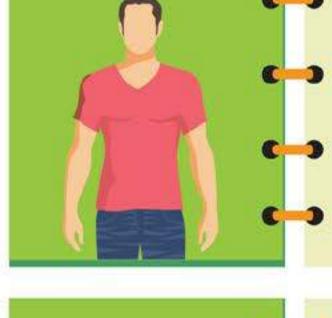
Regular exercise causes every area of our bodies to change for the better: your heart, muscles, and brain. Just to name a few.

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

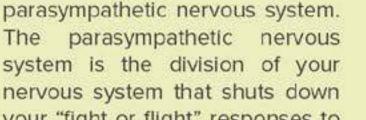
will improve your health and the quality of your life!

These three types of exercise

Steady State Cardio Exercise

What is it? Steady state cardio exercise raises your heart rate by

pace for an extended period. 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

your "fight or flight" responses to stress and allows you to relax. **High-Intensity Interval Training**

requiring you to repeat a certain movement at a moderate **HOW DO I START?**

that you're breathing is heavy. Many leisure sports like tennis, volleyball, & ballroom dancing are

minutes. Try walking fast enough



excellent forms of cardiovascular exercise

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.

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?

Why is it beneficial?



of marching in place for a total of 15-20 minutes.



minutes. **Strength Training**

What is it?



sprinting, rowing & cycling.



counteracts

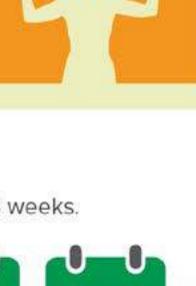
healthy weight by boosting your metabolism. The more muscle you have on your body, the more calories you'll burn throughout the day. **3 BY 3 CHALLENGE:** Complete each type of exercise at least once a week for 3 weeks.

increase in strength, endurance, and size of skeletal muscles.

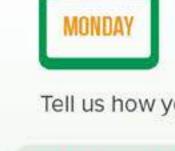
You don't need a gym to strength train. Start with exercises that use your body weight like squats, push-ups, hip thrust and mountain climbers. Check

HOW DO I START?

Strength training is any exercise that uses resistance to induce muscular contractions. These contractions will lead to an



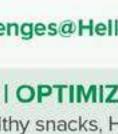
Youtube for examples.













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: http://www.ejhs.org/volume7/fitness.html http://www.ncbi.nlm.nih.gov/pubmed/12588575

- http://www.apa.org/helpcenter/exercise-stress.aspx http://www.cdc.gov/physicalactivity/basics/pa-health/
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