

Exercise ...



Healthy Habits , Healthy Life , Healthy India

Why Should I EXERCISE?

- To remain fit as it increases resistance to disease
- To look good as it improves your self-image
- To feel great as it helps counter anxiety and depression
- To avoid heart disease, diabetes etc.
- To sleep well
- To lower cholesterol
- To control body weight and fat distribution
- To share activity with friends & family and find opportunity
- To meet new friends
- To be more productive at work
- To build stamina for other physical activities



How Long should I EXERCISE ?

- 30 minutes of physical activity of moderate intensity everyday, increasing the time, intensity and frequency will result in greater health benefits.



Where should I find the time for EXERCISE?

- You can find time for exercise at home, at work or during leisure
- Set aside time for exercise rather than make excuses
- Combine shopping, gardening etc. with exercising
- Playing with your children is a good exercise
- Take the stairs instead of an elevator (upto 3 floors)
- Walk to the nearest grocery store rather than drive



What are easy, simple and comfortable EXERCISES?

- Walking
- Cycling
- Jogging
- Swimming
- Dancing
- Playing games/sports
- Yogasanas
- Gardening & household chores – washing, mopping etc.

