

Exercise



It's no surprise there is overwhelming evidence showing that consistent exercise has many long-term benefits. These include improved brain function, decreased risk of cardiovascular disease, and a lower risk of many cancers. Even with these health benefits many people don't prioritize their time. Here are 5 tips that can help you obtain an adequate amount of exercise.

1. Know what you need

Research studies have shown the adequate amount of exercise needed to stay healthy is 150 minutes per week.

2. Time to do it

150 minutes doesn't mean that you have to do it all at once. In fact, spacing it out throughout the week allows for a more sustainable program.

3. What is considered exercise?

Exercise and physical activity are often used interchangeably. If you get your heart rate up above 20-30 beats above your resting heart rate, then it really doesn't matter what you call it. Exercise is considered a structured activity that is done repeatedly with the sole purpose of improving physical fitness. Exercise will help to improve overall function of daily activities.

4. Make it Fun

Find a type of exercise you enjoy doing and stick with it. If walking / running on the hamster wheel is too boring, then mix things up. Cycling, playing basketball, brisk walking for your golf game, or even playing with the kids all contribute to your weekly exercise minutes.

5. Find a partner

Exercising with someone has huge advantages. Helping to pass the time with good conversation or pushing each other to do better. This also helps with compliance and accountability to stick to your goals.

Thank you for taking the time to read this article. Cardio Physical Therapy PLLC works with people that have heart disease. Some of these tips provided above are used to successfully implement a plan toward a healthier lifestyle. Contact us for more information regarding the services we provide and check out our website for more information. Author Jeremy Voorhees PT, CCS, CCRP



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