



Exercise Protects You

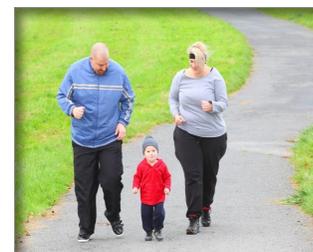
Research reported from Harvard scientists and others, show that when you exercise or increase your activity, your muscles release substances that help:

- Relax blood vessel walls and lower blood pressure,
- Reduce “bad” LDL cholesterol and increase “good” HDL cholesterol,
- Move glucose (sugar) out of the bloodstream and into the cells where it is needed, and
- reduce inflammation, and can help with arthritis and other inflammatory diseases.



These results help protect you against heart disease, stroke, type 2 diabetes, and some cancers.

Have you said that you will increase your activity when the weather becomes warmer? The weather is warming up, so now is the time to follow through on your word: Identify a moderate intensity exercise or activity with which you can begin.



How do you know if the exercise/activity is of ‘moderate intensity’?

Moderate intensity feels somewhat hard. Here are clues that your intensity is at a moderate level:

- Your breathing quickens, but you're not out of breath.
- You develop a light sweat after about 10 minutes of activity.
- You can carry on a conversation, but you can't sing.

Examples: If you don't want to walk, consider other moderate-intensity exercises, such as swimming, stair climbing, tennis, or dancing. Household activities can count as well, such as floor mopping, yard work, or anything that gets your heart pumping and you have one or more clues that you are doing something at a moderate intensity.

Start gradually: Begin with 5 – 10 minutes of exercise or activity as many days/week that your schedule allows. Even one or two days/week will result in some benefits. If you can, gradually increase the time and or days until you achieve half an hour of moderate physical activity most days of the week, or 150 minutes a week.

Talk with your doctor if you have a health condition before doing any exercise.



To learn more about moderate intensity exercise, talk with the RNs of Wise Health Decisions® or go to the following websites:

Resources:

<https://www.health.harvard.edu/staying-healthy/is-exercise-really-medicine>

<https://www.mayoclinic.org/healthy-lifestyle/fitness/basics/fitness-basics/hlv-20049447>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3004757/>