

We have all heard it many times throughout our lives-exercise is good for you. As a matter of fact, there is an overwhelming amount of evidence that shows exercise can sustain and drastically improve your quality of life. But if you're like most people, you are busy with work and other responsibilities and haven't yet changed your exercise habits. The good news is, it's never too late to start.

You might ask what exactly qualifies as exercise? Exercise can be defined as any physical movement that requires your muscles to work and your body to burn calories. There are many different types of exercise such as walking, running, swimming, and yoga. There are many recreational activities that can make exercising fun.

Probably the most talked about benefit of exercise is weight loss. But if you have ever struggled with needing motivation to workout, it is important to know that weight loss isn't the only benefit. Chronic diseases such as Type 2 Diabetes, heart disease including hypertension, high cholesterol also are greatly reduced with regular exercise. Older adults that are physically active have less risk of falling and/or being injured from a fall. Exercise benefits also can translate to brain health helping memory and thinking skills and helping to prevent Alzheimer's and Dementia. Those who have suffered from problems with sleeping may find that they have less trouble falling asleep and wake up feeling much more energized. And last, but certainly not least, with regular exercise you may actually find yourself happier. It is known to reduce anxiety and depression by producing changes in part of the brain that regulate these feelings and sense of well-being.

Generally, people find themselves with schedules that are very full with work, children, sports and other responsibilities. You may think that working out is hard to incorporate into your daily routine and become discouraged. However, there are some solutions that can

lighten this burden. Finding someone to exercise with will help keep you accountable and you'll likely feel more committed. Also, by getting into the routine (usually about 2-6 weeks for most) of working out will create a pattern and then it becomes your "new normal". For those with small children or other responsibilities that keep you from being able to leave your home, there are exercise options you can easily do at your convenience at just about any location. Thanks to modern technology, we have workouts at our fingertips.

The Meigs County Health Department encourages physical activity through its Creating Healthy Communities Program by improving access and increasing opportunities for physical activities where Ohioans live, work and play. For more information, visit our website at www.meigs-health.com



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