



Getting Enough Exercise



If you take care of small children on a regular basis, you may be thinking, “*I get quite enough exercise already, thank you.*” Perhaps you do, but most of us would benefit from being more physically active. Read on and learn about different kinds of exercise and how we can make it a regular part of our busy lives.

Types of Exercise

Walking, jogging, running, dancing, bicycling, swimming and cross-country skiing are all types of **aerobic** exercise. Your muscles work hard, you breathe more deeply and your heart beats faster, pumping more blood through your body. Aerobic exercise keeps the heart and lungs healthy. **Weight-bearing** exercise builds strong muscles and bones. Activities like weight training, lifting children or pushing a lawn mower are examples of weight-bearing exercise.

How Much, How Often?

To get real benefit from an exercise session, you should keep at it for at least half an hour. (Pay attention to your body. Stop exercising if you feel out of breath, dizzy, faint, sick to your stomach, or if it causes pain.) How often you exercise is up to you—the more the better. But it should fit in with your routine and be convenient for you. Most important of all, it should be something you enjoy. That way you’ll get more personal satisfaction from the activity and you’ll be more likely to stick with it.



Too Busy?

If you can’t take time out of your schedule right now to go to an exercise program, you can try being more active doing the things you already do.

- Go for a brisk walk during your lunch hour.
- Walk to work, or get off the bus one stop before your regular stop.
- Instead of taking the elevator, take the stairs, two at a time.
- Dance while you’re doing housework.
- Or? _____

