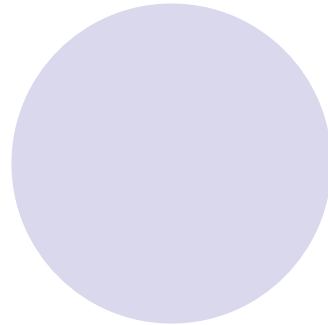
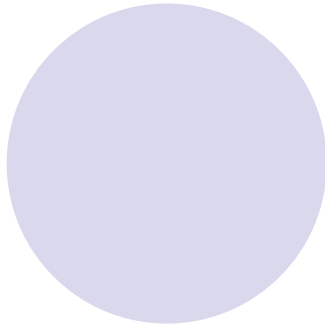
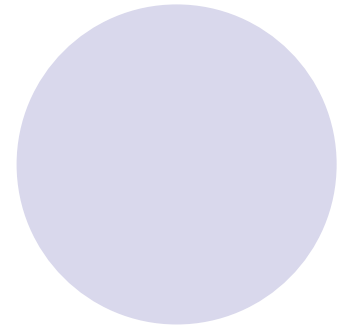
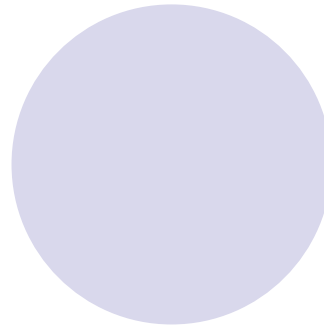


Get Fit for a Lifetime

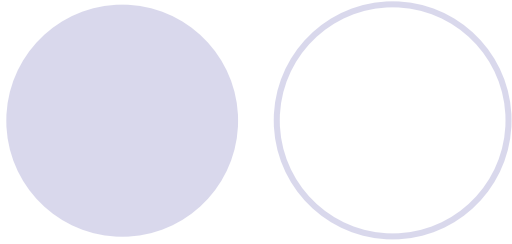


Health Services
February, 2005

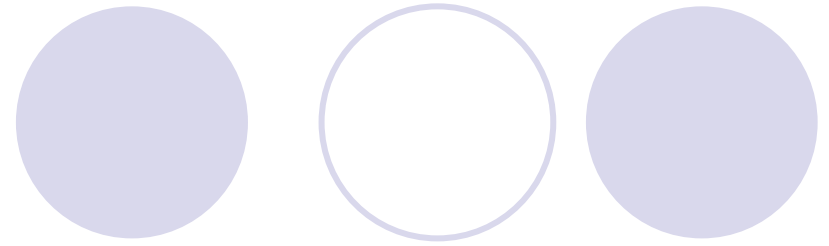


Q: Why all the talk about exercise?

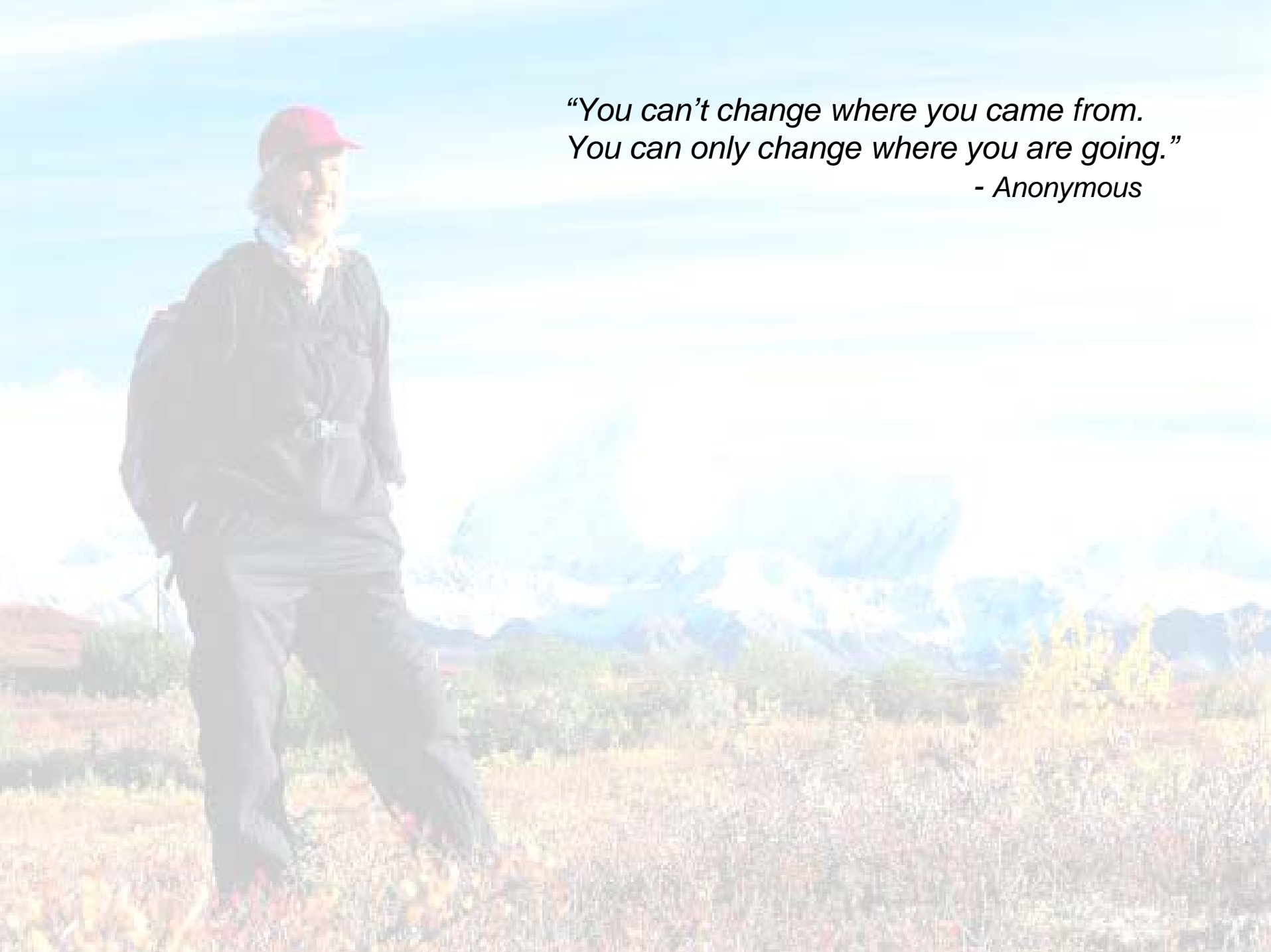
A: Because being physically active is one of the best things you can do for your physical and mental health



Why Exercise?



- Feel better
- Have more energy
- Enhance mental well-being
- Improve confidence and self-esteem
- Manage weight
- Prevent cardiovascular disease
- Favorably modify heart disease risk factors: hypertension, blood lipid levels, diabetes, and obesity
- Help prevent and manage other conditions: osteoporosis, depression, and some cancers

A woman wearing a red cap, a dark jacket, and dark pants stands in a field of dry grass. She is smiling and looking towards the camera. In the background, there are mountains under a blue sky with some clouds. The overall scene is bright and outdoors.

*“You can’t change where you came from.
You can only change where you are going.”*

- Anonymous

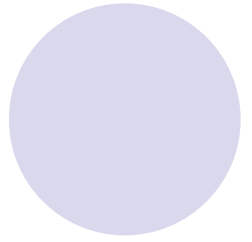
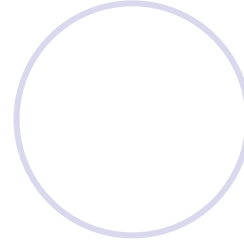
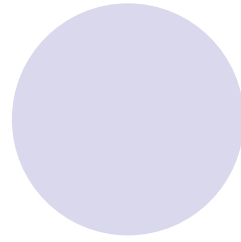
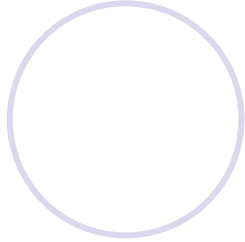
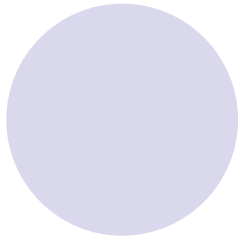


It's up to YOU.

YOU control your physical activity level...

and physical activity can help you control:

- Your weight
- Your risk factors for disease
- Your mood
- Your energy level
- How productive you are at home and at work



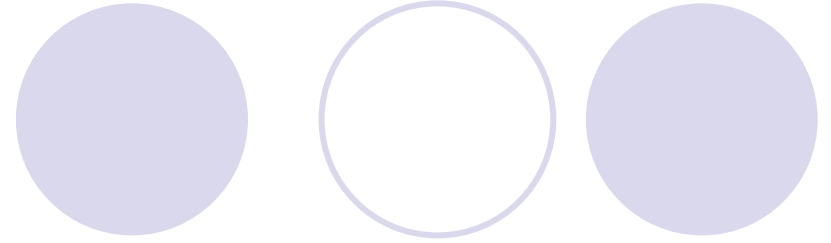
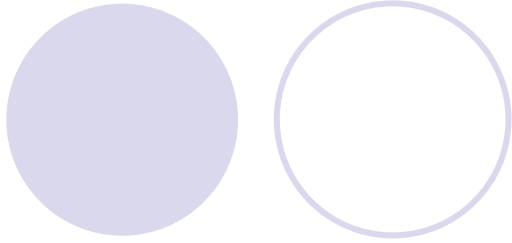
How much is enough?

Every adult should accumulate 30 minutes or more of moderate-intensity physical activity on most (five or more) days of the week.

Centers for Disease Control and Prevention (CDC)
American College of Sports Medicine
U.S. Surgeon General



This is a good place to start.



New Weight & Exercise Guidelines

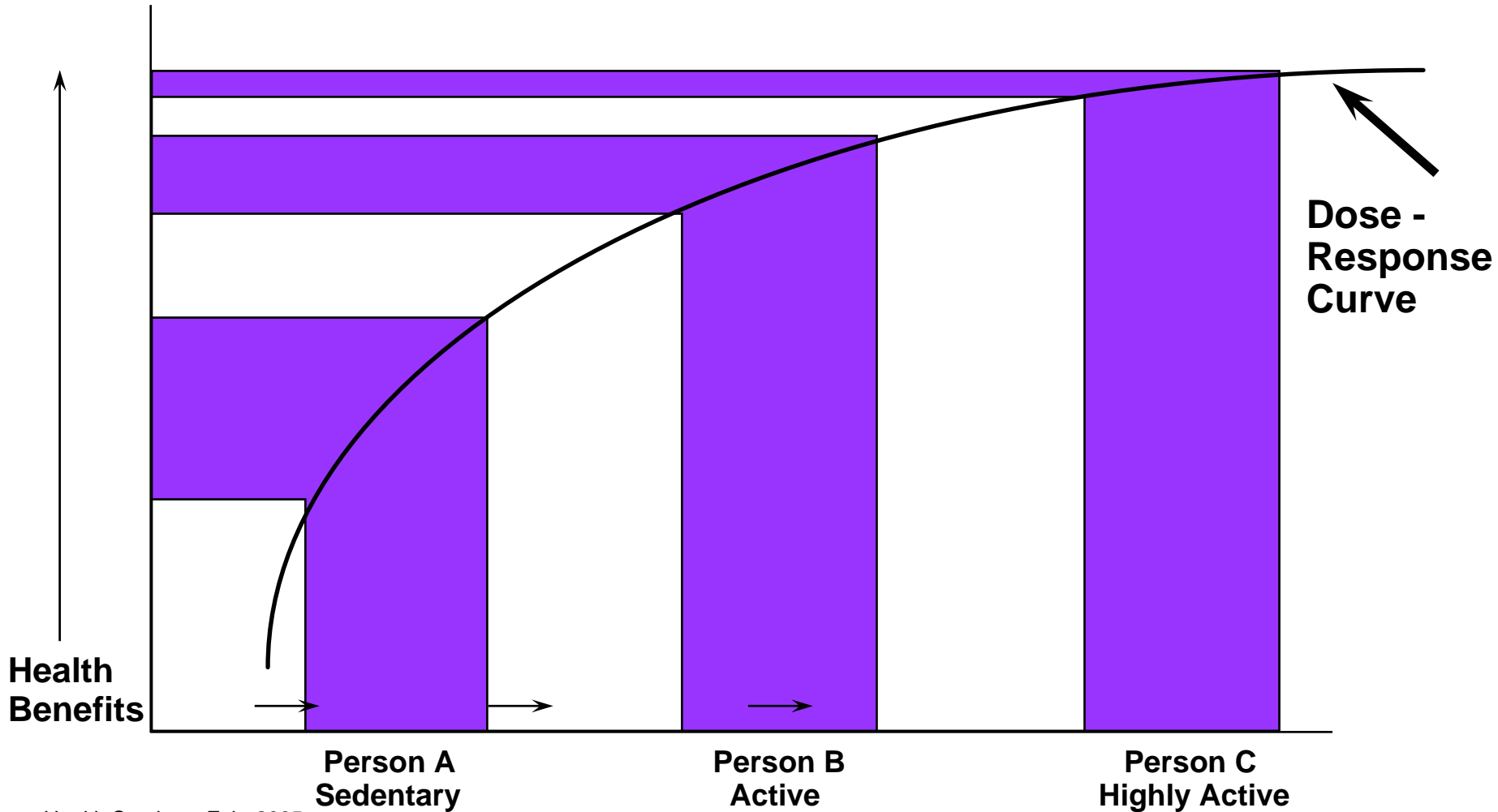
Department of Health and Human Services (HHS)
Department of Agriculture (USDA)
January, 2005

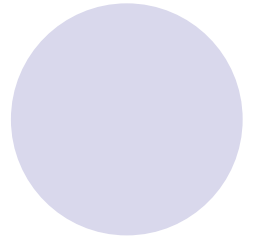
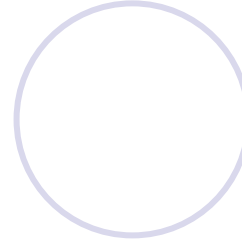
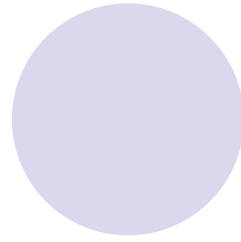
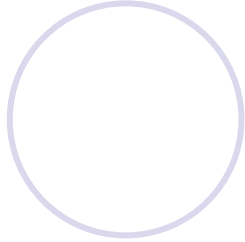
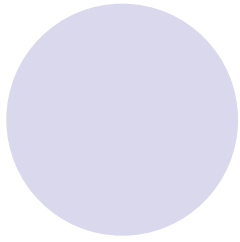
- 30 min/day is the minimum to obtain health benefits
- 60 min/day of moderate to vigorous exercise is needed to keep from gaining weight
- 60 – 90 min/day to lose weight

What does this mean?

More physical activity is better!

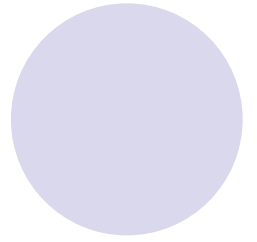
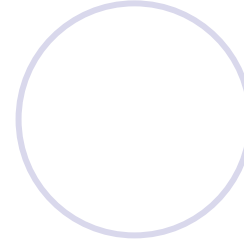
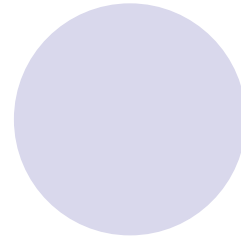
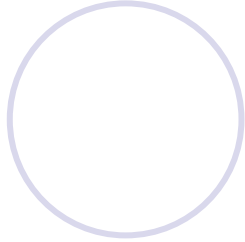
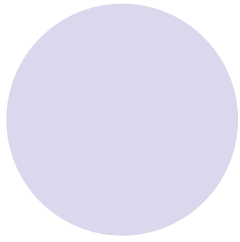
The more active you are, the more benefits you receive.





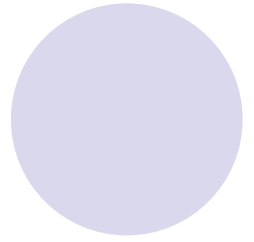
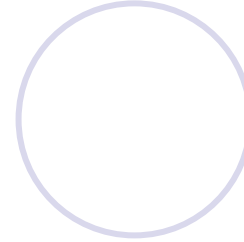
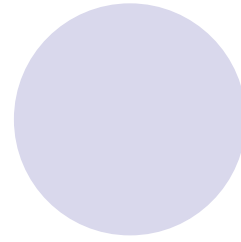
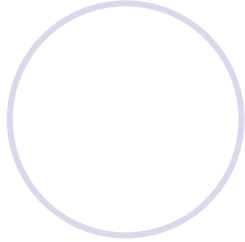
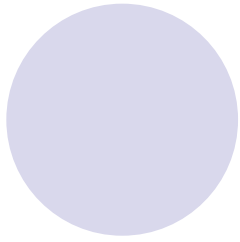
Key Recommendations:

- Schedule activity into your day. Make it a priority.
- Find a friend to work out with. It will help keep you motivated.
- Warm up and cool down for 5-10 minutes before and after exercise.
- Stretch your muscles after you have warmed up and after activity.
- Gradually build up to accumulate 30 minutes of moderate activity most days (5 or more) of the week. Continue to build on program as appropriate.
- Add resistance training up to 2-3 times per week.
- Consult with a fitness professional for program design to prevent burnout and for further recommendations for advancing your fitness level.
- Know the signs of overtraining: faintness or nausea, chronic fatigue, joint pain, inability to finish exercise or to converse during the exercise session.
- Seek the advice of a physician if beginning an exercise program or if you have a chronic disease.



“It is much cheaper and more effective to maintain good health, than it is to regain it once it is lost.”

Kenneth H. Cooper, M.D., M.P.H.



Healthy Living Resources at Dow

- Your local Health Services Representative
- On the Intranet: Good Health For The Whole Self (keyword = Health)
- On the Internet:
 - www.dowfamilyhealth.com
 - www.simplestepslife.com
 - www.lifecare.com