

- Don't dehydrate. It's important to drink plenty of water before, during and after physical activity.
- Don't exercise straight after meals or after drinking alcohol or if you have an illness, such as a cold.
- Choose clothes and shoes to suit the weather and type of physical activity.
For walking, choose shoes with soft or shock absorbing soles. In summer, use sunscreen and wear a hat.
- Always remember to stretch before and after exercise.

Exercise safely

Research has shown that it is never too late to start exercising. People of all ages can improve their health and well being by starting some moderate-intensity exercise. The benefits start to occur as soon as you take up physical activity regardless of your age. It is important to take a few sensible precautions when starting to exercise.

Most adults do not have to visit their doctor before commencing some moderate exercise. However, for people with chronic health conditions (e.g. heart disease, diabetes), it is advisable to consult your doctor before starting exercising to discuss the types of activities that best suit your needs. If you've been inactive and want to begin vigorous exercise, ensure you see a doctor first if:

- you are a male over the age of 35 or a female over the age of 45;
- physical activity causes pain in your chest;
- you often faint or have spells of severe dizziness;

- moderate physical activity makes you very breathless;
- you have a condition that gives you a higher risk of heart disease for example smoking, being overweight, having a high blood cholesterol or high blood pressure;
- you think you might have heart disease or your doctor has said you have heart problems;
- you have a disturbance of your heart rhythm;
- you are pregnant.

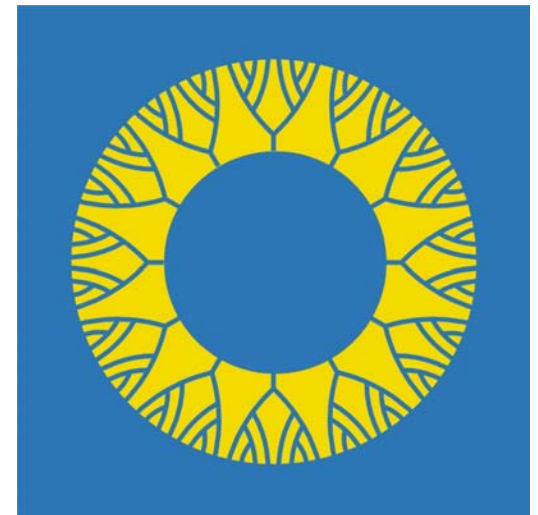
To find out other ways in which to stay healthy speak to the Chiropractors at Petrozzi Health and Wellness Chiropractic.

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EXERCISE AND A HEALTHY LIFESTYLE



**PETROZZI HEALTH
CHIROPRACTIC**

Exercise for Health

Introduction

Being physically active is a vital part of leading a healthy lifestyle. Whether young or old, exercising brings with it a range of significant benefits. Exercise doesn't have to be vigorous – even moderate activity, such as brisk walking, is great for your health!

Despite health experts strongly encouraging people to exercise the pressures of modern day life have led to the levels of exercise reducing significantly, but it is important to find ways to fit exercising into our daily routine.

What are the benefits of regular exercising?

People who enjoy regular exercise tend to:

- live longer;
- be less likely to have a heart attack;
- feel more energetic;
- manage their weight better;
- have a healthier blood cholesterol level;
- have lower blood pressure;
- have stronger bones and muscles;
- feel more confident, happy, relaxed and able to sleep better;
- have a healthier spine.

How much exercise should I do, how often and for how long?

Some forms of exercise are better than others, but some level is better than none at all and more is better than just a little.

Even if you have never exercised in the past, starting to do some form of activity can set you on the road to improved health. Exercise doesn't have to be strenuous. Moderate intensity activities (i.e. those that are energetic but don't make you breathless) such as walking and cycling are sufficient for you to enjoy health benefits. Experts recommend at least 30 minutes of moderate-intensity physical activity, such as brisk walking, on all or most days of the week. This can be accumulated in bouts of ten minutes or more if this is more convenient. There are many other opportunities to be active throughout our normal daily routine, for example walking to and from work when buying lunch. High intensity exercise such as aerobics, netball or touch football can provide additional benefits and individuals should aim to carry out more vigorous activity on 3-4 days a week for 30 minutes or more each time. Vigorous exercise is that which makes you 'huff and puff'.

Make exercise part of your day

There are many easy ways to make exercise a part of your day:

- get off the train or bus a stop earlier and walk the extra distance home or to work;
- don't drive when you can walk or cycle just as easily (e.g. when picking up milk, bread or a DVD at a local store);
- encourage your family to walk together regularly;
- get together with work colleagues for some lunchtime activities;
- go for a swim;

- join a gym;
- do some work in your backyard or garden;
- get back into the old sports and activities you use to enjoy;
- take the stairs instead of the lift, or walk up the escalator.

Being active, staying active

- Choose a type of exercise that you enjoy; in that way, you will be more likely to keep doing them.
- Vary the type of exercise you do, so that you don't become bored with the one thing, therefore increasing your chance of maintaining your activity throughout life.
- Set your self small, realistic goals for example tomorrow I'll start with a 10 minute walk to buy my lunch.
- Set aside certain times of the day for exercising - you're more likely to be committed if you schedule it into your routine.
- Exercise with friends or a partner. This way you can motivate and encourage one-another and you have a social reason to persist. Another way of gaining social support is to join a club or a group.

Tips for exercising

- If you are new to exercising start slowly and at a low level. If you want to exercise at a vigorous level, build up gradually over a number of weeks.
- Don't overdo it. If you do, you could injure yourself and lose interest.