

## The Burning Question

Can you possibly exercise too much? Yes ... pushing your body beyond its limits leads to pain and injury. To prevent repetitive motion problems, vary your routine ... run one day, strength-train the next, bike the day after that. **Keep it fun and remember:** Exercise should leave you feeling energized, not bored and exhausted.

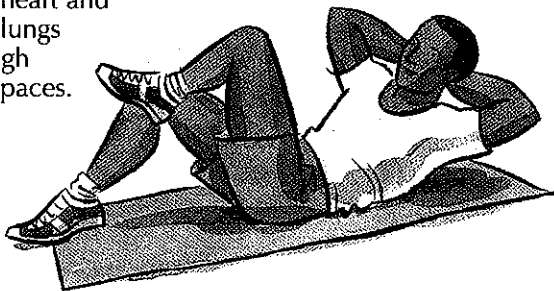
## Want Faster Fitness? Boost Your Metabolism

Not only do you burn calories while exercising, but you also raise your metabolism — your “burn rate,” the process by which your body converts food to energy.

Boosting your metabolism helps you burn more calories more efficiently. Plus, you may find you have more energy overall. **To rev up your engine:**

### 1. Get into aerobics.

Your metabolic rate rises after a vigorous aerobic workout, which puts your heart and your lungs through their paces.



### 2. Try strength or weight training.

It's not just for jocks. The more muscle you build, the faster your metabolic rate, even when you're sitting still.

### 3. Resist crash diets.

When you drastically reduce your daily caloric intake, your body actually slows down its metabolism to guard against starvation.

### 4. Don't skip breakfast.

People who do have been shown to have slower metabolic rates than regular breakfast eaters.

### 5. Cut the fat.

High-fat foods are harder for your body to break down into energy than are carbohydrates and food in other groups — so they don't jump-start your metabolism as well.

## Fitness Tips and Tricks

- **Check** with your health care provider before starting an exercise program ... especially if you have a health condition, or you have been inactive (also known as being sedentary or being a couch potato).
- **Commit** to six months of trying to become more physically active. **Why:** People who stick with something for half a year usually make it a habit ... and enjoy long-term success.
- **Be reasonable.** Consider fitness a project that starts small and builds gradually. Set weekly goals to help you stay on track.
- **To fit fitness in,** make a date with your body. Pencil in exercise appointments and keep them, just as you would a mandatory meeting.
- **Try** several 10-minute workouts each day if your schedule doesn't permit one longer one. Research suggests that it's the number of calories burned per week that counts.
- **Work out** with a friend. It's harder to break a promise to someone else, so you're more likely to stick to a common schedule and shared goals.
- **Remember** that shortcuts can sometimes shortchange your health. Cook more meals at home rather than go for fast food ... walk to the corner store rather than drive ... do your own yard work rather than hire a crew.
- **Your body** was designed to move. The more you use it, the happier and healthier you'll be. It's as simple as that.



# GET IN SHAPE STAY IN SHAPE

FITTING IN FITNESS  
IN TODAY'S  
BUSY WORLD



## WHAT IS FITNESS?

You may think fitness refers to being muscle-bound and super-thin, but the real meaning is much more realistic — and achievable. To be fit simply means that you're able to do the things your life demands, at work and at play, with energy and without feeling worn out.

The key to being fit is staying physically active. You'll look and feel better.

### BENEFITS OF PHYSICAL ACTIVITY

- *Lowers blood pressure, improves cholesterol levels*
- *Reduces risk of cardiovascular disease, diabetes and some cancers*
- *Helps maintain healthy bones, muscles and joints*
- *Helps burn calories to shed extra pounds and maintain healthy weight*
- *Helps reduce body fat*

## How Much Exercise Do You Really Need?

### TO PROMOTE GOOD HEALTH

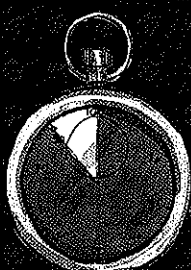
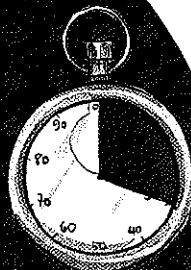
Experts recommend moderately-intense cardio (aerobic) exercise, such as brisk walking, 30 minutes a day, five days a week. Or, vigorously-intense cardio, such as jogging, 20 minutes a day, three days a week.

You should also include strength training twice a week.

### TO LOSE WEIGHT OR PREVENT WEIGHT GAIN

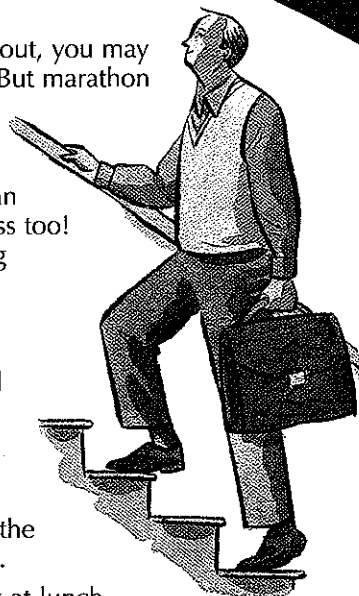
This may require more activity: 60-90 minutes most days.

Sounds like a tall order. But it's easier than you might think to fit fitness into your day. The tips in this brochure can help get you started.



## Fitting in Fitness

When it comes to working out, you may think you don't have time. But marathon sessions aren't required to help you become physically active. Several 10-minute sessions daily can boost your health and fitness too! Your goal is to keep moving wherever you are. **Tips:**



### At Work ...

**Get UP** and move around at least once every hour.

**Ideas:** Walk to deliver an important message ... go up and down stairs several times ... take a lap around the building to clear your head.

**Get OUT** for a brisk walk at lunch.

**Dieter's tip:** Split your lunchtime — exercise first, then eat a healthy meal.

**Get ON** the treadmill at the company health facility or a nearby gym before or after work. **Helpful:** Check whether your organization or health plan offers discounts to area health clubs.

**Get IN** with the in-shape crowd by starting a weight-lifting group, runners' club or sports team, or work out with a buddy. **Extra benefit:** Participating in team activities fosters a teamwork spirit that can carry over into the workplace.

### Sitting Down?

Press your lower back into the seat while tightening your abdominals, and hold for several seconds ... stretch your neck by tilting your head toward one shoulder, then the other ... bring your shoulders back as if you're trying to make your shoulder blades touch.

### At Play ...

**Find freebies.** Local tennis courts, ball fields and basketball leagues are just some of the fitness opportunities available right in your back yard.

**Go to the dogs.** Double the time you spend at the park, alternately running and resting with your pet.

## Mind Your Brain Too

Research shows that mental "exercises" such as playing word games, doing puzzles and reading regularly help keep memory sharp and prevent the onset of dementia as you age. Stay young at heart, and your brain benefits too!

### Warm up; cool down.

Remember to warm up before sports and related activities and to cool down afterward. A brief walk helps prevent muscle stiffness and burns extra calories.

### Clown around with kids.

Run, jump, play — great ways to burn calories, increase speed and agility, and feel younger.

### Skip rope — really!

It's fun, easy and inexpensive. Plus, you'll burn 8-16 calories per minute, depending on your weight.



### At Home ...

**Carry** one bag at a time into the house when unloading groceries from your car.

**Take** the stairs to the second floor or the basement as often as possible.

**Climb** the stairs two at a time or a bit faster than usual.

**Bike** your shortest driving route (to the video store, for example) each day.

**Chop** food or mix dough by hand instead of using a food processor.

### Chores That Burn

When you do this: You burn this many calories per half-hour:

Mowing or raking the lawn	100
Mopping the floor	150
Sweeping the driveway	150
Walking to the store	150

Actual calories burned depends on your weight and intensity.