

Exercise for Your Health

Being physically active is good for people of all ages, genders, abilities, and races.



Starting an Exercise Program

Exercise is a part of a healthy lifestyle. If you don't exercise now, start slowly so you don't get hurt. Aim to be active up to 6 days each week, for 30 to 60 minutes each time. Talk to your provider about what type and how much exercise to do if you:

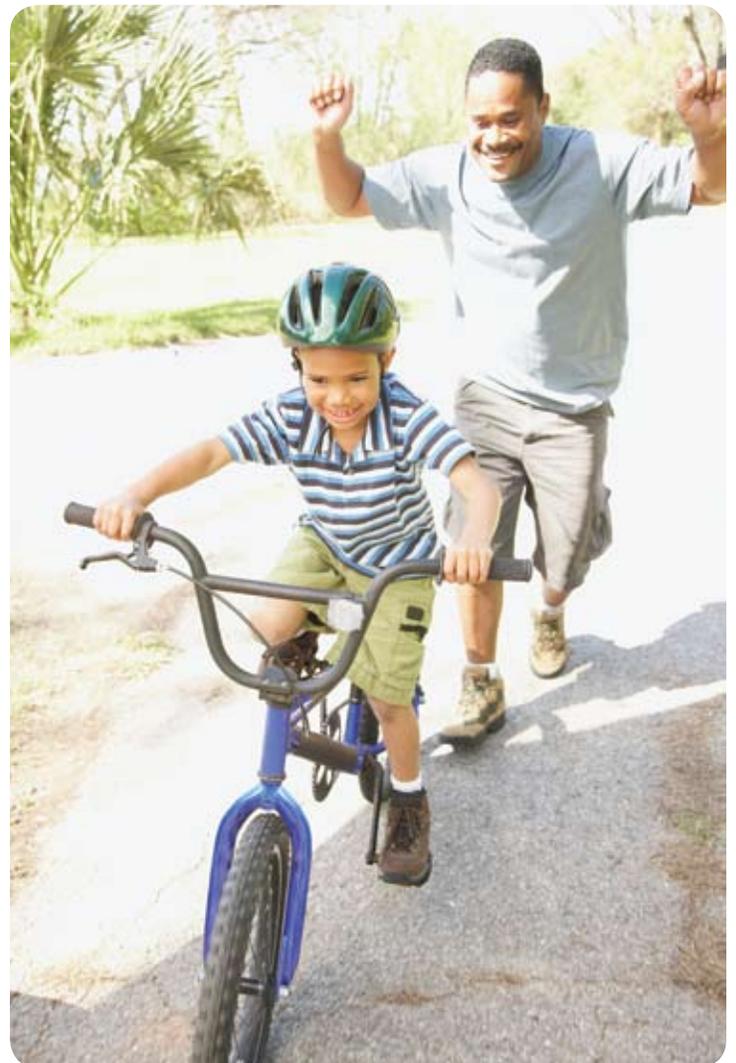
- Have not been active for a while
- Have any health problems
- Are pregnant
- Are over age 60

Regular physical activity helps to:

- Make your heart and lungs stronger
- Keep a healthy weight or help you lose weight
- Improve balance, muscle tone, and flexibility
- Reduce stress and improve your mood
- Reduce the risk of many diseases

Getting Started

- Choose an activity that you like to do. This is very important. If you don't enjoy your exercise activity, it will be harder to stick with it.
- Find a buddy to help you get motivated and stick with a program.



For more information call Customer Service at **(415) 615-4555**.

Or visit **www.healthysanfrancisco.org**

Types of Exercises

Aerobic exercise

- This involves moving large muscle groups. Examples are walking, jogging, bicycling, swimming, and dancing.
- Walking is a good choice for beginners. You only need a pair of sneakers. Walking is good for your heart and lungs and helps prevent osteoporosis.

Strength training exercise

- This type helps to strengthen muscles and build strong bones.
- Using weights or exercise bands, and doing push-ups and sit-ups are examples of strength training.

Flexibility exercises

- Also called stretching.
- Flexibility exercises help to improve balance and joint health. Examples of exercise activity are yoga and tai chi. You can also ask your provider for good stretches to try by yourself.

Begin and end an exercise session with gentle exercise or stretching, if that makes you feel good.

Exercise at a comfortable pace. Listen to your body. You are working too hard if you:

- Have pain in your joints, feet, ankles, or legs
- Have problems breathing
- Feel weak, faint, or dizzy during or after exercising



Stop and Call Your Provider or 911 If You Have:

- **Pain or pressure in your chest, left neck, shoulder, or arm**
- **Sudden dizziness**
- **Cold sweat**
- **Pale skin**
- **Fainting**

Talk to Your Provider Before You Start Any Kind of Exercise Program.

Adapted from:

"Exercising for a Healthy Life"

The Patient Education Institute, www.nlm.nih.gov

"Starting an Exercise Program"

www.healthinfotranslations.org

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