










Fitness Facts



-  You do not need to exercise 2 hours a day, every day to gain the benefits of exercise. 30 minutes a day works just fine!
-  Every bit of activity you do during the day is considered "exercise". That includes carrying groceries, vacuuming, raking, carrying the laundry up and down stairs. All of these activities can add up.
-  Exercising regularly doesn't mean you can forgo healthy eating habits. Healthy eating and regular exercise go hand in hand.
-  If a person stops exercising regularly, his or her muscle will NOT turn to fat. Just like your heart will never turn into your liver, fat and muscle are two totally different types of tissue. If you stop exercising, your muscle mass will decrease and your body fat will increase. If you start exercising your body fat will decrease and your muscle mass will increase.
-  Lack of flexibility can contribute to many low back problems. Low back problems are many times attributed to tight hamstring muscles (the muscle on the back of your leg). When these muscles get tight they decrease the range of motion of your back muscles, sometimes causing back pain. It is important to incorporate stretching into your schedule on a regular basis.
-  Losing weight is not the only purpose for exercising. Regular exercise improves circulation, improves brain function, increases self-esteem, improves sleeping patterns and improves the immune system. Not to mention that it also benefits the heart, blood pressure, metabolism and oxygen delivery throughout the body.
-  The frequency that you exercise is more important than the length of time you exercise. In other words, it is better that you exercise 15 minutes 4 times a week instead of exercising for an hour twice a month. Our bodies respond to consistency.
-  Individual fitness should be evaluated on individual capabilities, not by comparison to others. If you have questions speak to your doctor.
-  Weight or strength training is not only for men. Women who strength train on a regular basis have less body fat, increase their metabolism, strengthen their bones and help delay their body's aging process. Even older individuals can benefit from strength training.

