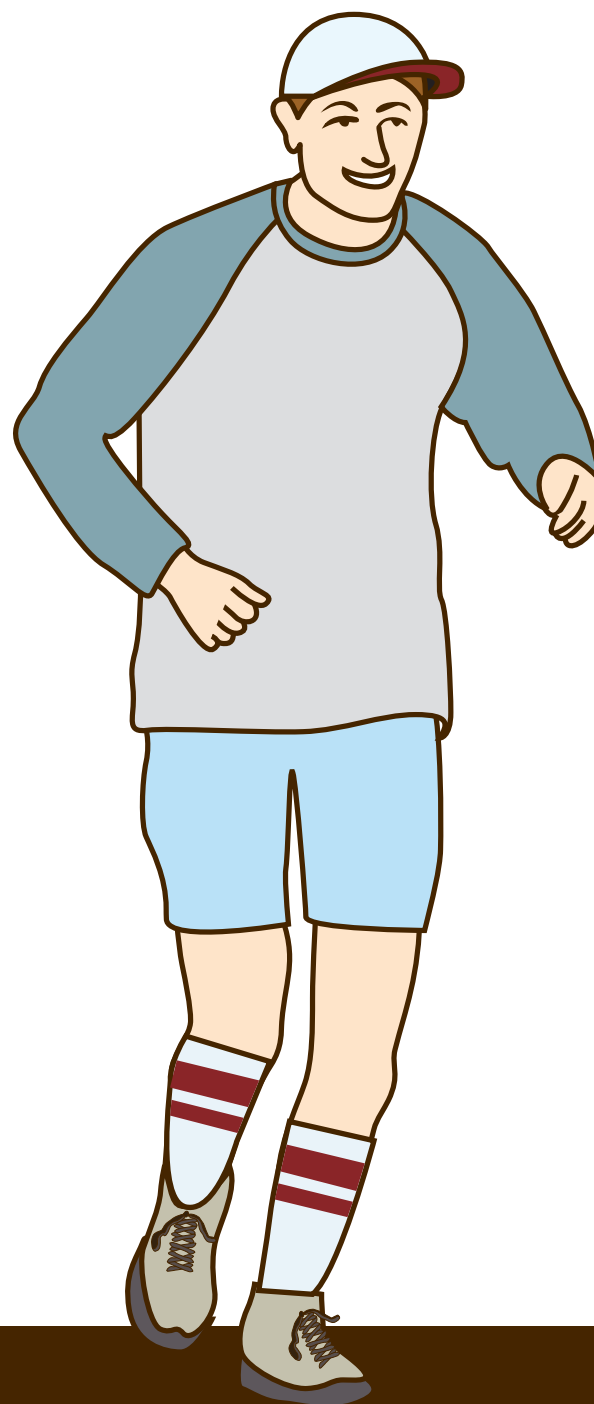# EXERCISE FOR HEALTH

Exercise is important in maintaining our health and well-being. Daily exercise improves muscle tone, helps circulation, and strengthens the cardiovascular system.

TIPS

CONSULT A PHYSICIAN

Before beginning any extensive exercise program, consult a physician who can recommend how much activity—and what sort of activity—is best for you. Your doctor's assessment will take into account your age, your present physical condition, the level of your present activities and the kind of exercise you enjoy.

START WITH A WARM UP

Start your physical activity program gradually with conditioning exercises, and keep workouts moderate. Fifteen minutes of simple exercise may be enough at the beginning of your program.

Activities that promote physical fitness include walking, bicycling, swimming, and jogging. No matter what form of exercise you choose, the sessions should start with some slow and easy warm-up movements. More strenuous exercise will take up the main part of the session, and then milder, slower exercises will help cool your body down and slow your pulse rate gradually.

LISTEN TO YOUR BODY

Remember to limit your session to a length of time that feels comfortable to you. Increase the time and the number of reps as you begin to feel stronger. Stay alert to signs that you may be overdoing it. Pain and shortness of breath are definite "slow down" messages.