

PHYSICAL ACTIVITY

Benefits of physical activity

- ✦ Reduces risk for chronic disease (diabetes, high blood pressure, heart disease, arthritis and depression)
- ✦ Increases good cholesterol and lowers bad cholesterol
- ✦ Exercise promotes better sleep
- ✦ Weight bearing exercise can increase bone density
- ✦ Reduces stress and improves your mood
- ✦ Boosts energy



6 ways to Increase Your Physical Activity

1. Wear a pedometer. Work up to 10,000 steps per day.
2. Plan exercise into your day.
3. Take a walking break.
4. Make exercise a priority.
5. Develop a support system. Workout with a friend or partner.
6. Take the stairs.



Exercise Myths

- ✦ **Myth: The cardio machine counts the calories you're burning**
Truth: It does not take into account gender, body composition or fitness level. It is a rough estimation at best.
- ✦ **Myth: Women should not lift weights because it will make them bulky**
Truth: Most people will not "bulk up" with regular strength training sessions. It takes a lot of hard work and a proper diet to build muscle. Strength training helps decrease body fat, and preserve or even build lean muscle mass. It also contributes to better weight management.
- ✦ **Myth: Low intensity exercise burns more fat. If I exercise intensely I'll burn more carbohydrates than fat**
Truth: The more intensely you exercise, the higher proportion of carbs you burn. You burn more calories and therefore more fat and carbohydrates when exercise intensity increases.

References:

1. Garber, C., Blissmer, B., Deschenes, M., Franklin, B., Lamonte, M., Lee, I., ... Swain, D. (2011). Quantity and Quality of Exercise for Developing and Maintaining Cardiorespiratory, Musculoskeletal and Neuromotor Fitness in Apparently Healthy Adults. *Medicine & Science in Sports & Exercise*, 1334-1359.

