

Exercise that fits

We all know that exercise is good for us, but it is so hard to fit it into our day. To get the benefits of exercise, we need at least 20-30 minutes of moderate exercise per day. One simple way is to fit it into your daily commute, lunch break or daily activities.

In case you need a refresher, here are some of the benefits of exercise. It is great for heart health because it lowers cholesterol levels and blood pressure. It lowers the risk of complications due to diabetes because it lowers HbA1c values. It helps improve muscle strength and aerobic capacity in those with arthritis. It improves depression symptoms. As well, it improves symptoms of chronic fatigue. It is better than drugs when it comes to preventing death due to stroke. And the list goes on...

You don't have to train for a marathon or do CrossFit to get the daily exercise you need. You need 150 minutes per week, or about 20-30 minutes per day. And this is moderate exercise, so you just need to get your heart rate up to 110-140 beats per minute (your resting heart rate is 60-100 beats per minute).

Here are some ways to exercise in your commute or work day:

- Park a 15 minute walk away from work
- Get off the bus a stop or two early and briskly walk the rest of the way
- If possible, walk or bike to work
- Take the stairs
- Start/join a lunchtime walking group
- Find walking and biking routes around your workplace to check out over lunch
- Walk to a nearby grocery store to buy a healthy lunch

Here are some simple exercises to do at home or when out and about:

- Take the dog for a walk
- Vacuum, mow the lawn, or wash the car, this can count as moderate exercise
- Wake up half an hour earlier and do some push-ups and crunches
- If possible, use a basket at the grocery store instead of a cart
- Walk as much as possible when running errands

To get the benefits of exercise, we need to invest a little bit of time every day. It's not hard to find something that you enjoy and that works for you!

Sources: <http://www.health.com/health/gallery/0,,20500418,00.html>

<https://www.staffordshire.gov.uk/transport/greentravel/travelplans/activetravelintheworkplaceplanningdoc.pdf>

https://www.nytimes.com/2016/06/21/upshot/why-you-should-exercise-no-not-to-lose-weight.html?_r=0