



Quality health plans & benefits  
Healthier living  
Financial well-being  
Intelligent solutions



## Motivation to get moving

### Anyone can exercise

And *everyone*, including you, can get big health benefits, too — like a healthy heart and weight. The hard part is starting a program and sticking with it.

### Tips to get moving

**First: Talk to your doctor.** He or she can help you figure out your fitness level, any limitations and what activities are best for you.

**Start slow.** Easing into an exercise program will make it less overwhelming. It can help you avoid injury, too.

**Set goals.** Try to lower your cholesterol. Or work off those last 10 pounds for your reunion. When you look at your progress, you'll like seeing how far you've come.

**Make it fun.** Mix up your workouts. Pick activities you enjoy. And work out with a buddy if you can. It'll help you stick with it.

**Warm up.** A quick, brisk walk or some stretching keeps your blood flowing and your body flexible.

**Put it on the calendar.** Scheduling exercise time is a great way to fit in fitness and "me time."

### Vary your workouts

Different types of exercise benefit your body in different ways. For the best health results, incorporate all of them into a workout routine:

**Cardiovascular endurance.** By working your heart and lungs, you increase the supply of oxygen and energy in your body. It's an important part of an exercise program. You can walk, bike, swim, stair climb or use an elliptical machine to get this type of benefit.

**Strength.** This is when you put more strain than usual on your muscles and bones to make them stronger. To work on strength, try free weights or weight machines. Or even use your own body weight — chin-ups or push-ups, for instance.

**Muscle endurance.** Here, you help your muscles continue to work hard without rest. And you build what's called "stamina." Think of a baseball pitcher who throws the ball hard, over and over. Or a swimmer who goes for miles at a time.

**Flexibility.** This is when you help your muscles and joints get a full range of motion. In turn, this helps you avoid injury and even feel more comfortable after exercising. Stretching exercises and yoga are two ways to improve flexibility.

Visit [www.intelihealth.com](http://www.intelihealth.com)  
for more fitness tips.

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