

WEEK 5: ADD

Exercise

IMPORTANCE OF EXERCISE

The importance of exercise is common knowledge with a wide range of benefits that can positively impact everyone's life in one way or another. Being physically active can improve brain health, help manage weight, reduce the risk of disease, strengthen bones and muscles, and improve your ability to perform everyday activities.¹ Regardless of age, ability, income, size, and shape, everyone can benefit from physical activity.

HOW MUCH EXERCISE IS RECOMMENDED EACH WEEK?

The *Physical Activity Guidelines for Americans* recommends:

150 minutes of moderate-intensity activity and 2 days of muscle strengthening activity each week.

This may sound like a lot, but keep in mind every little bit helps and the 150 minutes can be broken up into different increments of time over a course of 5-7 days.

Click [HERE](#) & [HERE](#) For Exercise Examples

STRATEGIES FOR DAILY EXERCISE:

Time Finding the time to exercise really means **making** the time. Try incorporating your workout into your life.

- Break exercises up into 15 minute chunks scattered throughout the day.
- Combine exercise with tasks you already need to do.

Energy It seems counterintuitive, but exercise has been shown to improve energy levels and boost moods. The key is in finding the right kind of exercise to balance out your day. If you are always on the go, running may feel like too much of the same thing. Yoga or Pilates may be the perfect workout to relax your body and replenish your energy reserves. On the other hand, if you sit all day, a rejuvenating walk outdoors with some upbeat music may provide a better balance.

Interest Haven't found an exercise you enjoy yet? Do something you enjoy while working out. Try watching an episode of your favorite TV show or listening to your favorite podcast while on the treadmill.

Motivation Find your **REAL REASON WHY** and focus on short-term goals to reach it. Don't get so caught up in the big picture that it seems out of reach. Instead, celebrate small accomplishments daily.

UNSTOPPABLE

MAINTAINING MOMENTUM

Exercise and Hydration It is important to drink water before, during and after workouts—even if you are not thirsty. Not only does it help regulate body temperature, it also helps maintain energy by transporting nutrients.

Exercise and Sugar Evidence supports the link between high sugar amounts and restless sleep. Sugar consumption has been shown to negatively impact the amount of time the body spends in deep, slow-wave sleep. This sleep stage is essential for the body's physical restoration and healing.

Exercise and Sleep Walking boosts sleep hormones, helping you to fall asleep up to 50% faster, sleep longer and more soundly.

Exercise and Screen Time It's no surprise that low amounts of exercise and heavy use of electronics has been linked to an increased risk for type 2 diabetes, obesity, and vascular disease. Aim for a healthy balance between screen time and exercise by setting screen timers, not indulging in video games, TV or social media until after your daily exercise goals have been met.



1. <https://www.time.com/6174510/how-much-screen-time-is-too-much/>