

# THE **BENEFITS** OF REGULAR EXERCISE



## ON YOUR *Health & Wellbeing*

### WHAT *exercises* ARE THERE?

Exercise can be divided into three main types:

**STRETCHING:** It prepares the body's muscles for physical activity, which helps to prevent injury or muscle strain. It can also increase your range of motion and flexibility.

**CARDIOVASCULAR / AEROBIC:** It enables your body to strengthen its vital organs and improve the body's ability to use oxygen. Long-term commitment to this exercise can decrease your heart rate and blood pressure.

**STRENGTHENING EXERCISE:** By performing an activity for an extended period of time or for many repetitions, it will increase your muscle endurance.

### *Benefits* TO YOUR HEART

Regular exercise can have positive benefits for your body. It can:

- STRENGTHEN YOUR HEART
- IMPROVE BODY CIRCULATION
- INCREASE BODY ENERGY LEVELS
- INCREASE ENDURANCE
- LOWER BLOOD PRESSURE
- IMPROVE MUSCLE TONE & STRENGTH
- STRENGTH BONES
- IMPROVE BALANCE & JOINT FLEXIBILITY
- REDUCE BODY FAT
- REDUCE BODY STRESS
- BOOST SELF-ESTEEM & SELF IMAGE
- IMPROVE SLEEP



### WHAT *exercises* COULD YOU DO SEATED?

While performing these exercises, maintain good posture and keep your back straight.

**ANKLE PUMPING:** Sit with your feet straight out in front of you. Keeping your heels on the floor, lift your toes up as far as you can. Hold for a count of five.

**KNEE STRAIGHTENING:** Raise your foot to fully straighten your knee out in front of you. Hold for a count of five. Lower your foot to the floor. Repeat on the other side.

**HIP BENDING:** Raise your foot to fully straighten your knee out in front of you. Hold for a count of five. Lower your foot to the floor. Repeat on the other side.

**OVERHEAD REACHING:** Raise one arm straight over your head, with your palm facing away from you. Keep your elbow straight. Slowly lower your arm to your side. Repeat with your other arm.

**SHOULDER TOUCHING:** Sit with your arms at your sides and your palms facing up. Bend your elbows until your hands are touching your shoulders. Lower your hands to your sides.

**ARM CIRCLES:** Sit with your arms at your sides, fingers pointing toward the floor. Raise both arms out from your sides (about one or two feet from your body). Keeping your elbows straight and your palms facing toward you, rotate your arms in small circles.

**ARM LIFTS:** Sit with your arms at your sides, fingers pointing toward the floor. Raise one arm out to your side, keeping your elbow straight and your palm facing down. Slowly lower your arm to your side. Repeat with your other arm.

**SHOULDER CIRCLES:** Bending one elbow, put your fingertips on your shoulder. Rotate your shoulder and elbow clockwise, then counter clockwise. Repeat with each arm.

**SHOULDER SHRUGS:** Keeping your back straight, lift your shoulders up and forward toward your ears. Release your shoulders down and back in a smooth circular motion.

