

EXERCISE

BENEFITS

- Strengthens heart muscle
- Lowers high blood pressure
- Reduces risk of cancer
- Burns excess fat
- Improves circulation
- Reduces stress and anxiety
- Strengthens bones by retaining calcium

KEYS TO SUCCESS

- Walking is the best form of exercise as the entire body is in motion
- Exercise in the open air
- Start slowly and work up to a brisk pace gradually

GUIDELINES

- Walk for at least 1 hour daily, preferably early morning
- Take a casual digestive walk for 15 to 30 minutes after each meal
- Swing your arms when you walk
- How brisk should you walk? You should at least be able to carry on a conversation when you walk
- Maintain good posture and keep your head up
- Incorporate some strength bearing component in your exercise program such as lifting light weights or gardening

**A SEDENTARY LIFESTYLE IS A DIRECT ROUTE TO
AN EARLIER GRAVE**

