

All About Physical Activity

WAYS TO STAY HEALTHY AND HAPPY



Why do I need to exercise?

- Control blood pressure and sugar, cholesterol & weight
- Prevent heart diseases, colorectal and breast cancer, and Type 2 Diabetes
- Improve sleep and strengthen bones, muscles, and joints
- Improve your mood and prevent depression
- Prevent falls and reduce joint pains

Adults need at least 150 minutes of exercise per week



How do different exercises benefit me?

- **Aerobic** - increase your rate of breathing and heart rate, such as walking
- **Weight Bearing/Strengthening** - strengthen the muscles, such as push ups
- **Balance** - improve your balance and help you prevent falls, such as Tai Chi
- **Flexibility** - improve your body flexibility and endurance, such as Yoga

You could do 10 minutes at a time, 3 times per day, for 5 days



How do I get started?

- Start slowly and gradually on an exercise that you like with companions
- Set SMART goals (Specific, Measurable, Attainable, Realistic & Timeline)
- Do weight bearing exercises to strengthen your muscles

Consult with your physicians about the right exercise for you



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