

We've all heard that in order to lose weight, you need to eat less and exercise more. So what are the benefits of moving more? What body parts and systems are affected by moving more?

### 1. Nervous System:

- Improves concentration, creativity and performance
- Reduces stress, anxiety and frustration

### 2. Bones:

- Strengthens bones and improves muscle strength and endurance
- Makes joints more flexible.
- Reduces back pain by improving flexibility and posture
- Reduces the risk of osteoporosis and fractures

### 3. Heart:

- Reduces the risk of developing heart disease and stroke



### 4. Blood:

- Improves blood circulation to all body parts
- Helps to lower bad (LDL) cholesterol and raise good (HDL) cholesterol
- Helps to lower high blood pressure and prevent high blood pressure from occurring

### 5. Digestive System:

- Helps control appetite
- Improves digestion and waste removal



### 6. Lungs:

- Slows the rate of decline in lung function
- Improves body's ability to use oxygen

### 7. Other Body Areas:

- Reduces the risk of developing diabetes and some cancers
- Helps to maintain a healthy body weight
- Improves self-image and sense of well-being
- Improves the immune system
- Helps you to sleep well and feel more rested

Moderate amounts of physical activity can improve health and quality of life. If exercise and regular physical activity benefit the body, then a sedentary lifestyle does the opposite, increasing the chances of you becoming overweight and developing a number of chronic diseases. Despite all the good things going for it, only about 30 percent of adult Americans report they get regular physical activity during their leisure time. Should you be Moving More?

## Kick into Motion with Captain Cardio



### Types of Exercise

Exercise and physical activity fall into four basic types — **endurance, strength, balance, and flexibility**. Doing them all will give you more benefits, while mixing it up also helps to reduce boredom and reduce risk of injury.

**Endurance**, or aerobic, activities increase your breathing and heart rate. They keep your heart, lungs, and circulatory system healthy and improve your overall fitness. Endurance activities include, running, biking, swimming, or playing sports.

**Strength** exercises make your muscles stronger. Even small increases in strength can make a big difference in your ability to stay independent and carry out everyday activities. Examples of strength exercises are weight lifting, body weight or using resistance bands.

**Balance** exercises help prevent falls, a common problem in older adults. Many lower-body strength exercises also will improve your balance. Tai Chi, standing on one foot, or heel toe walking will help improve balance.

**Flexibility** exercises stretch your muscles and can help your body stay limber. Being flexible gives you more freedom of movement for other exercises as well as for your everyday activities. Stretch or try yoga for flexibility.

### What type of Exercise should I do?

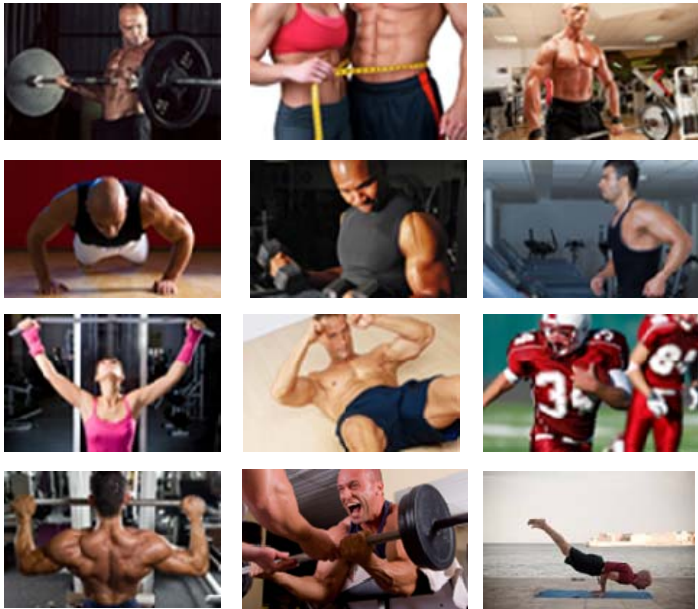
Do whatever exercise you are able to do and that you enjoy. Do not be someone who jumps to conclusions, runs down others or runs in circles. Do not side-step responsibility or push your luck. Exercise patience and compassion. Stretch your abilities. Swim against the tide. And, reach for the stars!

### Go the Extra Mile-

No matter how slow you go, walking or running... you're still lapping everyone on the couch—right?



## What is a Workout?



A workout is a routine made up of so many sets and exercises combined for the benefit of your physical body. Movement and exercise have great benefits for the body but it can be more beneficial and targeted if you have a goal in mind. Constructing a workout without a purpose, and without the use of the best available tools will generally not achieve the results you desire. Types of workouts include:

- **Muscle Building:** Workouts designed for building lean muscle mass and strength.
- **Fat Loss:** Workout for burning fat while maintaining lean muscle.
- **Increase Strength:** Workouts designed for pure strength.
- **For Women:** Workout routines can be specifically designed for women and their goals.
- **Sports Specific:** Depending on your sport, these are designed to increase competitive performance.
- **Bodyweight:** Designed to build muscle and lose fat with bodyweight only.
- **Beginner/Intermediate/Advanced:** Just starting out or a pro, there are routines for every level of fitness.
- **Home Based:** You don't need a gym to see results with home-based workouts.
- **Style/Dance/Boxing/Celebrity:** Get a workout based on your interests Yoga, Zumba, kickboxing, pilates or workouts that celebrities use to look their best.
- **Specific body part workouts** such as: Ab, Chest, Back, Bicep, Triceps, Shoulder, or Legs.
- **Cardio:** Exercising that is good for the heart, building endurance, and potential weight loss.

There are lots of great on-line sites with free work out routines available. For a few links, visit

[www.crowley.com/health](http://www.crowley.com/health)



**Captain Cardio Kicks Butt!**

## Look and Feel Younger!

Do you know exercise makes you look and feel younger? It's true— right down to your DNA. When researchers examined the lifestyle habits and DNA of more than 2,400 twins, they found that regular exercisers had significantly longer telomeres (a region of DNA that acts as a biological marker for aging) than their sedentary peers.

When you exercise, the tiny arteries in your skin open up, allowing more blood to reach the skin's surface and deliver nutrients that repair damage from the sun and environmental pollutants. You look younger.

No one has studied precisely *why* exercise makes you taller, but activities that stretch and strengthen muscles at the same time, like yoga or Pilates, can correct bad posture and therefore add height, says Dan Bradley, MD, an orthopedic surgeon at the Texas Back Institute in Denton, Texas.

Exercise also shores up the immune system by goosing the body into churning out more white blood cells, including neutrophils and natural killer cells. More white blood cells mean fewer bacteria and viruses sneak past the gate. Net effect: You don't get that worn-down sick, old, look that comes from feeling under the weather.



## More Movement. Talk About...

We have a lot of silly names for it: BMs, caca, doo-doo, turds, and of course, poop. Bowel movements are the end result of your body taking the nutrients it needs from the food you eat and eliminating what's left.

Tricks to keeping your poop on track are simple ones: a healthy diet high in fiber, lots of water, and regular exercise. Regular exercise keeps you regular.

If you are having infrequent bowel movements and are experiencing discomfort, then the first, easy way to correct it is to increase dietary fiber through food, supplement, or both. High-fiber powerhouse foods are whole-grain cereals and breads, fresh vegetables and fruit, and nuts. Usually, a day or two of a fiber-focused diet will put your trips to the bathroom back on track.

Proper hydration is also key for your colon, ensuring you have enough fluid in your body to move stool through the digestive track and out the other end on a regular basis.

Exercise is also beneficial for your bowels. It helps improve the movement of food through your intestines and can often alleviate constipation by improving your metabolic and digestive processes. The movement of food through your intestines is called motility. Body mobility you could say means bowel motility. For more information on how to keep things moving visit: [www.crowley.com/health](http://www.crowley.com/health)