

# HOLBROOK BOARD OF HEALTH



**Public Health**<sup>®</sup>  
Prevent. Promote. Protect.



## SEPTEMBER TOPIC: BENEFITS OF EXERCISE

AS SUMMER COMES TO A CLOSE AND DAYS START GETTING SHORTER,  
IT'S IMPORTANT TO STAY PHYSICALLY ACTIVE. HERE'S SOME SUGGESTIONS AND INFO ABOUT THE BENEFITS OF EXERCISE FROM THE MAYO CLINIC.



## EXERCISE INFLUENCES WEIGHT

IF YOU CAN'T FIND A LOT OF TIME TO EXERCISE EVERY DAY. ANY AMOUNT OF ACTIVITY IS BETTER THAN NONE, JUST GET MORE ACTIVE THROUGHOUT YOUR DAY.



---

## EXERCISE CAN BE SOCIAL

EXERCISE AND PHYSICAL ACTIVITY CAN BE FUN. THEY GIVE YOU A CHANCE TO UNWIND, ENJOY THE OUTDOORS OR SIMPLY DO ACTIVITIES THAT MAKE YOU HAPPY. PHYSICAL ACTIVITY ALSO CAN HELP YOU CONNECT WITH FAMILY OR FRIENDS IN A FUN SOCIAL SETTING.



## EXERCISE COMBATS HEALTH CONDITIONS

REGULAR EXERCISE HELPS PREVENT AND MANAGE MANY HEALTH PROBLEMS :

- STROKE
- HIGH BLOOD PRESSURE
- TYPE 2 DIABETES
- DEPRESSION
- ANXIETY
- MANY TYPES OF CANCER
- ARTHRITIS
- FALLS

IT ALSO CAN HELP IMPROVE COGNITIVE FUNCTION AND HELPS LOWER THE RISK OF DEATH FROM ALL CAUSES.



## EXERCISE IMPROVES MOOD

NEED TO LOWER STRESS AFTER A ROUGH DAY? A GYM SESSION OR BRISK WALK CAN HELP. PHYSICAL ACTIVITY STIMULATES MANY BRAIN CHEMICALS THAT MAY LEAVE YOU FEELING HAPPIER, MORE RELAXED AND LESS ANXIOUS.

---

## EXERCISE PROMOTES BETTER SLEEP

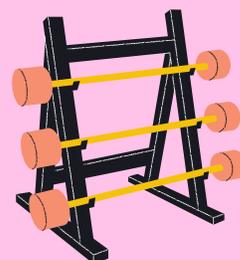
REGULAR PHYSICAL ACTIVITY CAN HELP YOU FALL ASLEEP FASTER, GET BETTER SLEEP AND DEEPEN YOUR SLEEP. DEEP SLEEP ALLOWS THE BODY TO REPAIR. JUST DON'T EXERCISE TOO CLOSE TO BEDTIME, OR YOU MAY BE TOO ENERGIZED TO GO TO SLEEP.



---

## EXERCISE BOOSTS ENERGY

REGULAR PHYSICAL ACTIVITY CAN IMPROVE YOUR MUSCLE STRENGTH AND BOOST YOUR ENDURANCE. EXERCISE SENDS OXYGEN TO TISSUES AND HELPS YOUR CARDIOVASCULAR SYSTEM WORK MORE EFFICIENTLY, ALLOWING FOR MORE ENERGY TO TACKLE THE DAY



**EXERCISE PUTS THE  
SPARK BACK INTO YOUR  
SEX LIFE**

DO YOU FEEL TOO TIRED TO ENJOY  
PHYSICAL INTIMACY? ? REGULAR PHYSICAL  
ACTIVITY CAN IMPROVE ENERGY LEVELS,  
WHICH MAY BOOST YOUR SEX LIFE.  
PHYSICAL ACTIVITY CAN ALSO GIVE YOU  
MORE CONFIDENCE IN YOUR APPEARANCE



**EXERCISE RECCOMENDATIONS**

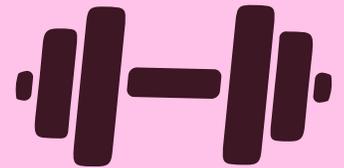
150 MINUTES OF MODERATE AEROBIC ACTIVITY  
SUCH AS BRISK WALKING, BIKING, SWIMMING  
AND MOWING THE LAWN.

OR

75 MINUTES OF VIGOROUS AEROBIC ACTIVITY  
A WEEK SUCH AS RUNNING, SWIMMING LAPS,  
HEAVY YARDWORK AND AEROBIC DANCING.

OR

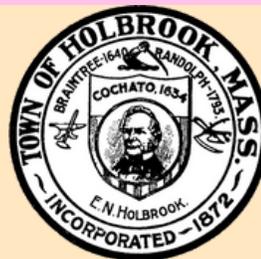
DO STRENGTH TRAINING EXERCISES FOR ALL  
MAJOR MUSCLE GROUPS AT LEAST TWO TIMES  
A WEEK.



**ALWAYS CHECK WITH A HEALTH  
CARE PROFESSIONAL BEFORE  
STARTING A NEW EXERCISE  
PROGRAM INFO PROVIDED BY**



**MAYO CLINIC**



**QUESTIONS?  
CONTACT THE HOLBROOK  
HEALTH DEPARTMENT AT  
781-767-3030**