

Do you have questions?

Call our 24-hour Nurse Advice Line.
We are here to help you



English:

(888) 275-8750

Español:

(866) 648-3537

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711

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languages and accessible formats,
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Exercise



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Why should you exercise?

Daily exercise is one of the best ways to improve your overall health. You will feel better, sleep better, look better, and have more energy. It can also lower your blood sugar, lower your blood pressure, and improve your mental health.

What type of exercise do you enjoy?

You are more likely to exercise when you enjoy the activity.

Aerobic exercise is best for your general health. It is good for your heart and lungs. Aerobic exercise makes your heart beat faster and causes you to breathe more deeply. Examples of this exercise include:

- Brisk walking
- Bicycling
- Dancing
- Swimming

Strength building includes weight lifting and balance exercises. Weight lifting will make your muscles stronger. Balance exercises will strengthen leg muscles and help prevent falls.

Stretching can help you relax and make you more flexible. Stretch before and after any exercise.

Try all three types of exercise. To lose weight, it is best to do both aerobic exercise and strength building.

How often should you exercise?

Try to exercise 30 minutes at least 5 days a week. If you are trying to lose weight, you may need to exercise more often. Talk to your provider before starting an exercise program. Your provider will check your overall health and make sure it is safe to exercise.

You can exercise even when you do not have much time.

Try these exercises at home or at work:

- **Squats** – Keep your feet shoulder width apart.
- **High knees** – Lift your knees up to your chest like you are marching in place.
- **Lunges or lunge jumps** – Make sure your knees do not bend past the tips of your toes.
- **Push-ups** – You can do push-ups with your knees or feet on the ground.