

## Exercise: The Magic Potion

Having trouble sleeping? Blood pressure a little higher than you like? Joint pain giving you fits? There's a magic wonder aid that can help you:

- Reduce your risk of disease
- Strengthen your bones to help prevent osteoporosis
- Have more energy
- Fall asleep faster, sleep longer and wake up more refreshed
- Digest your food better
- Keep your blood sugar more balanced (if diabetic)
- Think better
- Look younger
- Live longer

Pretty strong claims, you say? What is this miracle???

### **EXERCISE!!**

And it's available FREE!!

Someone once said, "with all the benefits it gives you, if exercise were a pill, everyone would take it!" These benefits are just as important for older adults as at any other age. Research clearly shows that taking up regular exercise at any age can make a big difference in your health. In fact, the rate at which your body declines is heavily influenced by things you can control: what you eat and drink, whether you smoke, and how much you exercise.

Don't feel overwhelmed either. Even short periods of regular activity can help. Whatever your situation, there are exercise opportunities to meet your needs. And don't forget your everyday household and yard activities - vacuuming the rug and raking the yard add up too.

If you haven't been exercising regularly, it's a good idea to begin by checking with your doctor and deciding together what level of activity would be most appropriate for you. Start slowly and build up gradually. Most people will have no problems, but if you experience chest pain or pressure, shortness of breath, cramps, dizziness,

joint pain, nausea or exhaustion, stop immediately and check in with your doctor.

Pick activities that you enjoy. Meeting a friend to walk regularly at the mall or around the block may help you stick to your program. You have nothing to lose, and all the above benefits to gain!

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