

Who Ever Said Exercise Was Easy?

A guide for people who silently protest about the word 'Exercise'.

Why people find exercising 'too hard'

In a society that likes nothing better than finding the fastest and most convenient way to do things, it is hardly surprising that many people cringe at the idea of exercise. Exercise is often seen as time consuming, hard, painful and sweaty. More often than not people will go for a big run or go to the gym for the first time and find that the next day they are too sore to continue. They didn't like the pain they felt so they decided never to do it again.



Medical experts now recommend that moderate exercise such as walking, swimming or golf should be done on most days of the week for 30 minutes. But the thought of 30 minutes of exercise might seem like too much especially when so many find exercise time consuming and painful.

With this in mind, a new approach has to be taken. Instead of exercising people just need to be more active. This is easier than it sounds. All you have to do is read on to find out more.

A new way of thinking!

'Exercise' is just one little word but can bring so many negative thoughts into people's heads that it's no wonder people don't want to exercise. Instead of thinking about 'exercise' start thinking about 'activity'. By being more 'active' in your life you will certainly be feeling some of the benefits of 'exercise'.

These include:



- Feeling better
- Improved fitness and stamina
- Improved strength
- Improved circulation and blood pressure
- Help with weight control
- Improved diabetes control

What is meant by 'activity?'

Activity means simply moving your body. Things like stretching, tapping your feet on the ground, reaching overhead to get something from the shelf are all examples of activity. The more activity you do the more you will improve your health and your well being.

To feel the benefits all you have to do is keep moving. It sounds simple and it is. Many of the ideas that follow do not require drastic changes to your routine. All they require you to do is make little changes and to keep reminding yourself that all you have to do is keep moving.

Becoming more active in your daily life.

Here is a list of ideas that will help you be more active. You don't have to try them all. Pick the ones you like the most and do them.

- When shopping, park the car near an exit and walk to the entrance
- When doing the housework, put on some fast paced music. This will make you work faster

- and more active.
- Do some gardening walk around the house whilst talking to someone on the phone. If the cord doesn't permit this, march on the spot
- Take the stairs instead of the lift or escalator
- While waiting for dinner to cook, grab some cans and do some arm movements
- Walk around the house whilst brushing your teeth
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Just keep moving. Anything that will get your body moving is great. Before you know it you will be feeling so much fitter and stronger.

TV: A time to rest or a time to get active?

Many people like watching TV, but after a while those commercial breaks get on your nerves.

They may be annoying, but they are a great time to start getting active. Here are some exercises that are suitable to do while you are sitting down watching TV. Do 5 of each.

- Start with deep breathing. Breathe in through the nose and out through the mouth.
- Bend your arms so that your fingers touch your shoulders and straighten them out.
- Stretch your arm above your head and back down.
- Place a pillow or cushion between your thighs and squeeze.
- Squeeze your buttocks together.
- Straighten your legs out one at a time and place them back on the ground.
- Turn your head from side to side and up and down.
- Place your fingers on your shoulders and roll your shoulders backwards.
- With your arms outstretched move both arms in a circular motion, backwards and forwards.
- Move wrists and fingers up and down.
- Move ankles up and down.
- Stand up and sit down.

Other activities to do while watching TV:

- Go for a walk around the house on the ad break.
- Get up and change the channels instead of using the remote.



The best thing about moving during the ad breaks is that it all adds up. If you watch an hour's program and do the exercise during every ad, you may find that you have done 15-20 minutes of exercise. If you add this onto the other ideas mentioned previously, this could add up to at least half an hour. This is the recommended amount of exercise. Isn't that unbelievable! Just by incorporating these ideas into your everyday life you may never need to 'exercise' again.