

Movement and Health

Everyone knows being physically active has numerous health benefits and can help keep you in shape, but it has other benefits that may surprise you! Regular exercise can help decrease your risk of depression, improve your sleep, and keep your brain sharp as you age.

"If it doesn't challenge you, it doesn't change you".
-Fred Devito

Did you know?

On average, it takes about 12 weeks after beginning exercise to see measurable changes in your body.

It is estimated that only 22% of American adults participate in regular, sustained physical activity for at least 30 min. 5x/week.

OVERLOADING

The more you stick with exercise, the easier your routine will become. It is important to keep challenging yourself and progressing by overloading your system. You can do so by increasing the amount of weight, number of repetitions, distance, speed, or adding in new exercises. Regardless of what you are changing, never increase more than 10% of what your body was previously used to. Increasing more than 10% can be counterproductive to your training efforts and increase your risk of injury.

Drink Up!

If you want to perform at your best, you have to keep your body adequately hydrated during activity. Sweating away even just 1% of your body weight can put added stress on your cardiovascular system. ACSM recommends the following guidelines to stay hydrated:

- **BEFORE** exercise drink at least 16 oz. two hours prior.
- **DURING** exercise drink 5-10 oz. every 15-20 min.
- **AFTER** exercise drink 16 oz. per 1 lb. of body weight lost.

Get Technical!

There are a ton of great fitness and nutrition apps available that can help keep you on track and provide support and motivation. Download one of our free favorites today!

- **My Fitness Pal** (Diet/Exercise Tracker)
 - **SworKit** (Circuit Training)
 - **C25K** (Couch to 5K Training)
- **Map My Walk/Run** (Distance Tracker)

Source: American College of Sports Medicine. 2014. HS Health & Wellness Information.