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Exercise Tips

1. Know your body, take notice of how a particular exercise makes you feel.
2. Before you exercise, warm up for five minutes and stretch. After your workout make sure to cool down and stretch again.
3. Pace your exercise routine. Have a rest day during your week of exercise. If you are in pain, stop exercising until it subsides.
4. Make sure to stay hydrated. Your body loses fluids as you exercise. Drink water before, during and after your workout.
5. According to our friends at Shape, exercise has been proven to increase your mood and decrease anxiety. The fitter you are, the better you'll be at handling the long-term effects of stress.

"We ready...We ready...We ready... for exercise!"

Are you ready? Are you ready for the January Grind? Yes, that January Grind we go through each year. *This year I am getting in shape. This year I will drop some weight or get myself back to my fighting weight.* Don't feel bad, we all have said the same thing from time to time



According to WebMD, people who work out for an occasion like a class reunion, don't stick with it. Those who exercise because they love it, stay with it for the long haul.

Personally, I can't stand those people. They strut around the gym like peacocks in full regalia. As for me, like most people, I work out for health purposes. To fight the effects of aging, high blood pressure and to keep the gut down.

Another reason you might not workout, is could be the time it takes to get er' down. Experts say a good workout only takes 30 minutes. They don't count the time it takes to drop off the kids, eat something or check work emails. Right there you're looking at three hours. If you live in Atlanta, add another hour.

But I'm not trying to give you excuses for not exercising. My goal is to help you get motivated. While letting you know I understand your plight. You must make the decision that your health is so important, you will make the effort to walk, jog, bike, or something to get into shape. I plan to use the treadmill for my work outs. I had a great 9 year run until last year. I just fell off the wagon for no reason at all. I spent all of 2019 trying to get back on the wagon.

So, my plan for 2020 is to have no excuses. Get on that treadmill for a 30-minute workout. Then stretch for another 15 minutes. As you age, stretching is a way to stay nimble and it's also good for your balance. In addition to the latter, we must try to do some weightlifting to strengthen our muscles. And of course, our eating habits should focus on fruits, veggies and lean meats. I lost 20 pounds a few years back, when I just ate fish and veggies. Somebody told me that was a pescatarian diet. To which I said, "oh, really, whatever!"

Running vs. Walking Exercise

We all know how much running can help your health. As for this writer, I only liked to run when I played football or basketball. Just running to run never got me excited.

As I read information from Business Insider running tips, I understand the benefits. For instance, running can dramatically improve your physical and mental health. Who knew?

Also, running is a form of aerobic exercise. It reduces stress, improves heart health and may relieve symptoms of depression. Now that's a bonus for running.

Walking on the other hand is more of my pace. And, all you need is a good pair of walking sneakers, (or tennis shoes) for my friends in the Mid-West.

Walking is low impact and is easy on the body. It's good for people who have arthritis or extra weight.

You'll need 2.5 hours of walking every week. Now before you go crazy, remember that's only 30 minutes, five days a week. You can do that easy.

Now that we have dealt with why we can't exercise we can now deal with the how. How can we motivate ourselves to start the



journey? Let's not concern ourselves with how long we are going to keep up our exercise routine. As Nike tells us. Just Do It! That's exactly what we are going to do. Every day is a new day to

say why we should exercise.

For me, the why is simple. My life depends on it. You can read the 1st Edition of this newsletter at

www.32ndstreetmedia.com/newsletter to find out my why. You must find your why in your life. It might be your family or a certain someone. But until you find your why, I will bet dimes to donuts, you won't start an exercise routine.

To get us motivated, let's hear what the experts say about daily exercise. Here's reason number one, from Harvard Medical School, "If you're physically active, your heart gets trained to beat slower and stronger. It needs less oxygen to function well; your arteries get springier, so they push your blood along better, and your levels of "good" HDL cholesterol goes up." That seems like a good reason to me.

Still not convinced. How about this one? It's also not much of a surprise that physical activity helps prevent diabetes. Muscles that are used to working, stay more receptive to insulin, the hormone that ushers blood sugar into cells. So, in fit individuals, blood sugar levels aren't as likely to creep up.

What? You want more proof to exercise? Try this one on for size. It hits close to home. I lost my wife to cancer. One should exercise like a soldier in the war against cancer. Exercise seems to fight cancer on several fronts: breast, colon, endometrial, perhaps ovarian. The effect of physical activity on breast cancer prevention may be stronger after menopause than before. Although some research suggest that it takes quite a lot to make a difference: four to seven hours of moderate to vigorous activity a week. Three studies have found that if you've had colon cancer or breast cancer, physical activity reduces the chances of it coming back.

I don't know about you, but I'm convinced. I have set a goal of exercising five days a week, 30 minutes a day. What's your goal? You've read the facts from Harvard Medical School. Is it more important to do dinner with friends or hit the gym? Only you can answer that question. For me, I choose exercise. What does your goal look like?

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