

YOUR MARVELOUS BODY MACHINE

cise can help in weight control, increase lung capacity and strengthen Exercise can actually improve your outlook on life! your heart. It can help with circulation and relieve stress and tension can increase your physical strength and resistance to disease. Exer-Your body is a marvelous machine! Putting your body to work

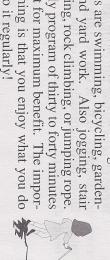
to relax and sleep better, a natural sleeping medication. charge its supply of oxygen. Physical activity can actually help you can promote your body's ability to throw off toxic wastes and relife can be yours through regular, brisk physical activity. Exercise The good news is that greater vitality, better health and longer

air, and exercise. combine at least three of the health principles into one: sunlight, fresh One of the special benefits of exercising outside is that you can

will prevent this wasting and improve muscle tone. strengthened by a special exercise program. Daily use of the muscles on your arm for a few weeks. The muscles atrophy and have to be Muscles deteriorate when they are not used. Try putting a cast

older people in which the bones become thin and fragile. larly have a lower incidence of osteoporosis, a painful condition in Scientific research has proven that people who exercise regu-

and do it regularly! tant thing is that you enjoy what you do is best for maximum benefit. The impor-A daily program of thirty to forty minutes climbing, rock climbing, or jumping rope. ing and yard work. Also jogging, stair tivities are swimming, bicycling, gardening is the ideal exercise. Other good ac-What kind of activity is best? Walk-



people fight "the battle of the bulge"! Activity and exercise speed up the exercise, but the effect continues for several hours. the body's metabolic rate. Not only are more calories burned during One of the special benefits of exercise is weight control. Many

> out (be more active). ber of calories (eat less), or you increase the number of calories that go have to achieve a negative energy balance: either you reduce the numthe person uses more energy and weight is lost. To lose weight, you

EXERCISE PRECAUTIONS

- 1) Start slowly and progress gradually
- It is better to exercise before a meal than right after a meal
- Allow time to warm up and cool down.
- Discontinue your exercise and see your physician should you have any of the following symptoms:
- a) Pain in the chest, teeth, jaw, neck, or arm
- b) Difficulty in breathing;
- c) Light-headedness or fainting;
- d) Irregular heart rate persisting during exercise and recovery period;
- e Discomfort or swelling of joints;
- Excess fatigue;
- g) Unexplained weight loss; h) Persistent nausea or vomiting occurring after exercise.

ACHIEVING MAXIMUM BENEFIT

minutes to achieve the best aerobic workout. to 80%. The target heart rate should be maintained for at least twenty It is probably best to start at 65% of your target heart rate and work up year-old man (205-20 = 185); for a 40-year-old woman (220-40 = 180). 205 minus half his age; for women, 220 minus her age. So for a 40target heart rate. The formula used at the Aerobics Center is: for men, To achieve maximum benefit to the heart, you should establish a



ginning an exercise program. Your doctor is the what activity will be safe for you to do. best one to advise you about your health status and Always consult your physician before be-

every day and stick to it. It can be dangerous to better every day take a hit-or-miss approach. Have fun and feel Choose an activity that you enjoy, set a time

