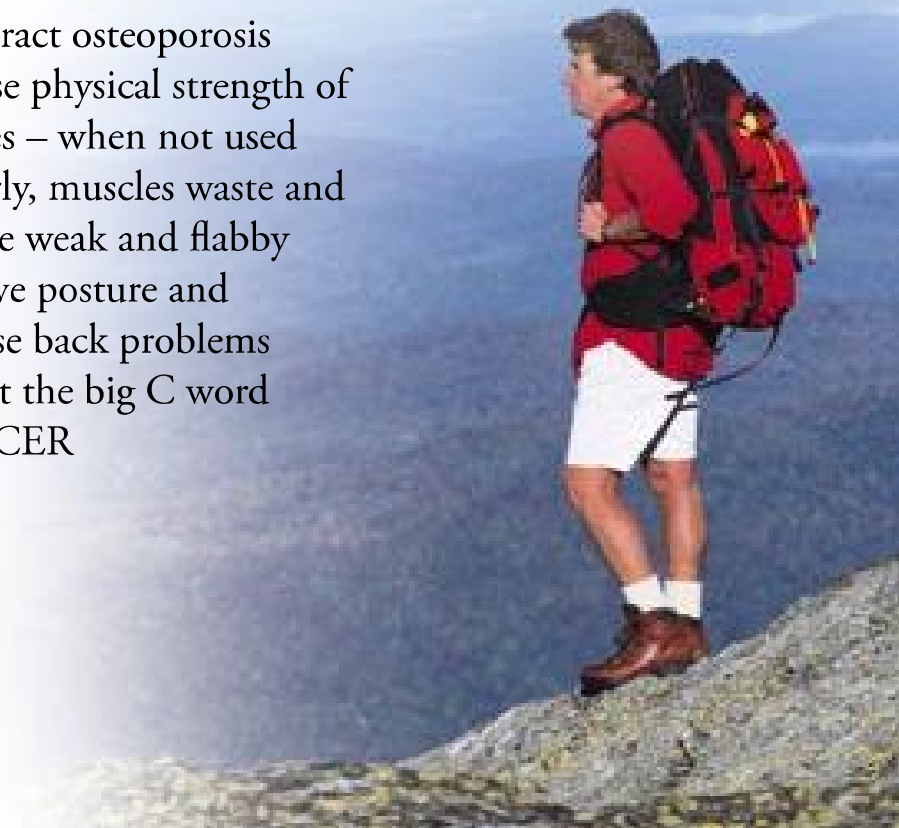


Exercise

Your body is a marvelous machine. Putting your body to work can increase your physical strength and resistance to disease. Exercise can actually improve your outlook on life!

Exercise may help:

- ▶ Control weight – the metabolic rate is increased by exercise so that more calories are burned ... and for several hours!
- ▶ Increase lung capacity and recharge oxygen supply
- ▶ Improve blood pressure, circulation and strengthen your heart
- ▶ Lower cholesterol and improve blood flow in the arteries – it can even help reverse arteriosclerosis!
- ▶ Relieve stress, tension and depression
- ▶ Improve sleep naturally – without the side effects of a pill
- ▶ Promote the body's ability to get rid of toxic wastes
- ▶ Improve metabolism – helps to prevent and treat diabetes
- ▶ Strengthen the bones and counteract osteoporosis
- ▶ Increase physical strength of muscles – when not used regularly, muscles waste and become weak and flabby
- ▶ Improve posture and decrease back problems
- ▶ Prevent the big C word
-CANCER



What kind of activity is best?

Walking is the ideal exercise. Other good activities include swimming, cycling, gardening and yard work. One of the special benefits of exercising outside is that you can combine at least three of the health principles: sunlight, fresh air, and exercise.

A daily program of at least thirty to forty minutes is best for maximum benefit. The important thing is that you enjoy what you do and do it regularly.

Exercise Precautions

1. Start slowly and progress gradually.
2. It is better to exercise before a meal than right after a meal.
3. Allow time to warm up and cool down.
4. Discontinue your exercise and see your physician should you have any of the following symptoms:
 - a) Pain in the chest, teeth, jaw, neck or arms
 - 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
 - f) Excess fatigue
 - g) Unexplained weight loss
 - h) Recurrent nausea or vomiting occurring after exercise



A balanced and well-planned exercise program is one of the wisest investments you can make. Choose an activity that you enjoy, set a time every day and stick to it. Have fun and feel better every day!