

## Feel Great with Movement!

Let's face it, exercise can seem very mundane and easily fall to the bottom of our priority list. However, most of us know the benefits of exercise and would like it to be higher on our list of to-do's. How do we do that?

First, a few statistics about exercise:

- According to the CDC, Only 23.2% of US adults meet the recommendations for weekly physical activity of 150 minutes of moderate aerobic exercise (i.e. walking).
- About 50% of people who start a workout program quit exercising within the first 6 months. (thegoodbody.com)
- Physical activity can lower the risk of coronary heart disease 21% for men and 29% for women. (National Center for Biotechnology Information)
- Regular physical activity can lower the risk of type 2 diabetes by up to 50% and the risk of osteoarthritis by 83%. It is also associated with a 30% lower risk of depression and dementia. (NHS)
- Insufficient physical activity increases risk of death by 20% to 30%. It is one of the major risk factors for mortality in the world. (World Health Organization)

With all these great reasons to exercise how do we make it priority?

- Like, Love what you do for exercise. Pick a type of exercise that you know you can commit to; something you find worthy of your time.
- Variety. If you find yourself bored with your exercise program-change it! There are so many options available. Personally, I recently switched from a gym membership to a home workout subscription program that I can do from my computer or tv. I can "bring it with me" when I travel, there is great variety in the workouts I can choose from and I can do it on my schedule. If walking is your love, change to different paths/scenery, make an errand a part of the walk (mail a letter), etc.
- Ease. Make sure it's easy to keep exercise a priority. Choose the time, place, etc. so that it fits well with your day. Having an exercise buddy can be very rewarding too, providing friendship and accountability.
- Last but not least, manage your thoughts about exercise. When your brain starts trying to talk you out of it, be aware that is what is happening and lace up your shoes, grab your mat, just go. You know you'll feel better afterwards-tell your brain that!

We can all sit down less and move more..... and feel great.

Be Well.

For a personalized approach to weight/life coaching contact:

Kathy Pennock, CHC  
ACE Certified Health Coach  
Onward Wellness  
[www.onward-wellness.com](http://www.onward-wellness.com)

(Disclaimer: this information is for educational purposes and should not override that of your healthcare provider)

Resources:

CDC

<https://www.cdc.gov/nchs/nhis/releases/released201905.htm#7A>

The Good Body

<https://www.thegoodbody.com/fitness-statistics/>

National Center for Biotechnology Information

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3879796/>

NHS

<https://www.nhs.uk/live-well/exercise/exercise-health-benefits/>

WHO

<https://www.who.int/news-room/fact-sheets/detail/physical-activity>