



HOW ESSENTIAL IS EXERCISE?

Incorporating exercise into your daily routine, no matter how you do it, can improve several aspects of your life and even reduce your chances of cancer and cardiovascular problems. Studies also show that regular exercise helps prevent early aging and joint pain associated with a sedentary lifestyle.

So, learn to kickstart new ways of staying active. Some ideas to incorporate more activity into your lifestyle include:

- Go for a half-hour walk instead of watching TV,
- Take the stairs instead of the escalator or elevator,
- Park farther from the store and walk,
- Garden, or make home repairs,
- Do yard work. If you have children, encourage them to help rake, weed, or plant,
- Work around the house. If you have children, encourage them with active chores,
- Wash the car by hand,
- Use a snow shovel instead of a snow blower,
- Sign up for classes at your local gym,
- If you take public transit, get off one or two stops early and walk to your destination.

So, how much should I exercise?

Typically, adults ages 18-65 who are non-disabled and healthy should aim for at least 2.5 hours of moderate-intensity aerobic physical activity a week. This averages out to just 30 minutes a day on weekdays, or just over 20 minutes a day every day of the week. While 2.5 hours might sound daunting, it's easier to achieve than you might think. That's just 1.4% of the week, and as long as you're doing your physical activity at least 10 minutes at a time, you're good.

Anyone can find 10 minutes, 3 times a day, to get their heart level up! Of course, 2.5 hours a week, is the recommended total. If you are just starting out, aim for what you know you are capable of and slowly build from there. The more exercise you get, the greater the benefits for your health.



New York City District Council of Carpenters

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