

VitaMin



Vital health information in a minute

Uncover your inner athlete

You don't have to be a super athlete to get fit. There are many different ways to get a workout, and it doesn't have to feel like work. Get inspired with these off-the-wall workouts:

Grab a paddle and take a canoe for a spin. Or, hit the ping-pong tables. Both are Olympic sports, so get on board with some healthy competition. The goal is to get your body in motion, and have fun while doing it.

Play video games that are programmed for fitness. You can get a real workout in a virtual environment: go skiing down a mountain, practice yoga, play golf, compete in hula-hooping and more.

Hit a high note. Singing in a choir or playing a musical instrument requires breath control and muscle action, and it burns calories too. Kick it up a notch with a lively marching band or gospel choir.

Volunteer your time doing something active. Stock food at a local food pantry or participate in a neighborhood clean-up event.

Sign up for a family fun run, walk or bike ride. Making a commitment to participate might be just the motivation you need to get in gear.



Find the spark in you

Even if you're not running four miles a day or training for a triathlon, you can get more exercise in small bursts throughout your day. Aim for 30 minutes of moderate aerobic exercise a day, and you'll be on your way to a healthier you.

What can regular exercise do for you?¹

- › Control your weight
- › Combat heart disease and high blood pressure
- › Improve your mood
- › Boost your energy
- › Help you sleep better at night

Source:

1. Mayo Clinic. "Exercise: benefits of regular physical activity."
<http://www.mayoclinic.org/healthy-living/fitness/in-depth/exercise/art-20048389?pg=1&p=1> (accessed April 30, 2014)

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