

Exercise

Those who think they have no time
for exercise will sooner or later have to
find time for illness

These materials are intended for informational purposes only, and not as a substitute for professional medical advice. Always seek the advice of a qualified health provider for a medical diagnosis and before starting or changing any course of treatment.

Exercise

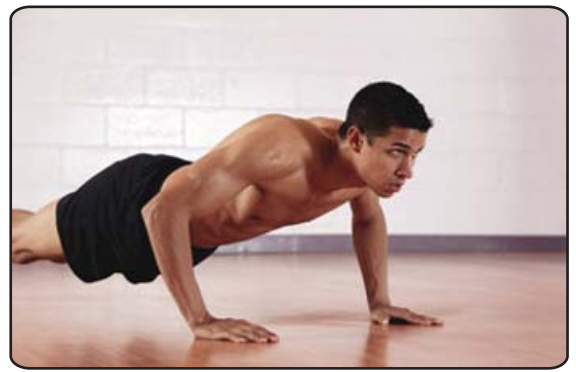
Any form of aerobic exercise will help you reduce weight and avoid a host of health problems. Try to incorporate at least 30 minutes of exercise every day. Take a few short breaks during the day and use them for walking around. You'd be surprised at the calories you burn and the healthy feeling afterwards!

Start with a light warm up for a few minutes. This can be walking, marching in place or stepping side to side. The goal of the warm up is to get your blood circulating and your body temperature rising. Then go for a brisk walk for 20-30 minutes. A 20-30 minute walk can roughly help you burn 100 – 150 Calories.

If you do not have any health conditions, you can incorporate jogging and swimming into your exercise routine. In addition, the following simple exercises, which can be done anywhere, will help you tone your muscles and help burn calories.

Squats

Stand with feet together. Squat down, hold for a few seconds and rise up. Perform as many as you are comfortable doing.



Jumping Jacks

The basic jumping jack is a good cardio and strength training exercise.

Side Jumps

Stand with feet together. Jump to the right, then jump back to the left and continue jumping from side to side.

Push Ups

The common Push Up is an excellent strength training and cardio routine. You are in excellent health, if you can easily do 100-150 push ups!

Mountain Climbing

Get into the push-up position. Bring one leg to the front. Quickly move this leg back and bring the other leg to the front. Repeat for 5-10 times.



Health Support Systems (HSS) helps people who are living with diabetes, obesity, hypertension or heart disease better manage their conditions through a combination of online self-monitoring tools, education and qualitative analysis, while reducing cost for care givers, employers and insurance providers.