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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Why Is Exercise Important?**

**By Jane**

Why Is Exercise Important?

Even with small amounts of exercise your heart and lungs work better, and that means it is easier to carry your shopping, climb up stairs, play with your children or grandchildren, look after the garden, do the decorating. Regular exercise will help you feel better about yourself, so it will even make it easier to smile. Keeping fit means you reduce your risk of heart disease and some cancers. If you have mild hypertension, it can help to control your blood pressure. If you have non-insulin dependent diabetes, regular exercise can be very beneficial. If you are a woman worried about osteoporosis, incorporate exercise into your daily routine. Trying to lose weight? Exercise is an important part of what you need to do.

Feeling stressed? Go for a long walk, get on your bike or sign up at the gym. You will almost certainly find you feel less tired, more cheerful and more relaxed. If you have difficulty sleeping, extra daily exercise may be just what you need.

If you are not used to taking any exercise, the easiest starting point is to modify your daily activity. Walk up stairs rather than taking a lift/elevator. When you go shopping, park as far away from the supermarket entrance as you can. Tackle that gardening or decorating job that you have been meaning to do. Take a walk at lunch time. You are likely to see benefits from even these small measures, but get even more benefits by taking regular structured exercise. Sometimes people tell me they cannot find the time, but being fitter will allow you to accomplish normal tasks more easily, so giving you back some of the time you spend exercising.

Authorities recommend 20 to 60 minutes, 3 to 5 times a week. Choose a type of exercise you think you might like, or, if you get bored easily, vary what exercise you do. Join a gym or team up with a friend to increase your motivation. Whatever you do, make a start – increase your pulse, breathe deeply and enjoy it.

Jane Thurnell-Read is the author of "Allergy A to Z" and "Health Kinesiology". She is a writer and researcher on health topics, and has written for national and regional newspapers, magazines, journals, etc. She has also been featured in the UK national press, and interviewed on radio and

## Why Is Exercise Important?

television. Her not-for-profit web site

<http://www.healthandgoodness.com>

features tips, information and

inspiration on leading a happier, healthier life.

### **Seven Simple Steps to get into a Fitness Routine**

**By Renee Kennedy**

#### **Seven Simple Steps to get into a Fitness Routine by Renee Kennedy**

1. See Your Doctor: Before you start any exercise program or begin any sport or hobby that involves physical exertion, get a check up.

2. Sleep: Get enough sleep every night. This is especially important if you decide to exercise in the morning. If you aren't getting enough sleep, you might just keep hitting the snooze button in favor of getting up and exercising.

3. Set Goals: What are you trying to achieve out of your exercise program? Just like when you are trying to lose weight, you must set a goal weight, the same thing applies to fitness. Do you need to work on your abs or your thighs or maybe your doctor is recommending a cardio workout? You need to figure out what it is that you want to accomplish and set out to find exercises that will help you reach your goals.

4. Select: Find exercises that you like. This is very important, if you choose exercises that bore you to tears... well, how long do you think you will be able to do it? (This has always been my problem with tummy crunches and video tapes... they are so darn boring... I've found that a daily walk will keep me relatively fit and it's not boring to me at all.)

5. Schedule: Set aside 30 minutes, 3 times a week for exercise.

6. Slow and Steady wins the race: don't try to do every exercise you know on the first day, too much too fast and you will crack under the pressure. Start slowly and build up to an exercise routine that fits your lifestyle.

7. Stick to it: NOTHING is more important than your health!

## Why Is Exercise Important?

Getting fit is a combination of exercise AND diet. Plan your diet with the help of the NutriCounter, a fun and easy way to monitor your nutritional intake. The NutriCounter works with any exercise routine!

<http://www.nutricounter.com/>

Come and visit the NutriCounter web site for more information on how nutrition influences weight loss, diabetes, pregnancy, heart disease and more!  
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