



# Healthy Choices

## Just Do It!

BY WINSTON CRAIG

**F**our out of every five adult Americans do not exercise enough. They say they don't have enough time. Studies reveal that regular exercise not only adds years to your life, but also life to your years. And those who enjoy the physical activity in which they engage, gain the most benefit.

Brisk walking is the activity of choice for many people. Walking does not require any expensive clothing or footwear, can usually be done anywhere, at any time of the year, can be enjoyed by all ages, and is not associated with any significant risk of injury. Other useful activities include swimming, cycling, gardening, or working out in

### Tips for getting active and staying active:

1. Choose an activity or exercise that you enjoy doing.
2. Plan your schedule to include exercise every day.
3. Choose an alternative indoor activity for severe weather conditions.
4. Wherever it is possible, walk rather than drive.
5. Get a family member or friend to join you in your exercise program.

a gym. It is important to remember that the slower the activity, the greater amount of time one needs to engage in that activity.

Regular physical activity (20 to 30 minutes per day, 4 to 5 times a week) helps to lower blood pressure and cholesterol levels; protects against heart disease, cancer, and osteoporosis; helps better regulate blood sugar levels and improves insulin sensitivity; strengthens the immune system; helps maintain an appropriate body weight; decreases anxiety and depression; improves mental capacity, blood circulation, and digestion; reduces stress levels; boosts self-confidence; improves the quality of sleep; delays fatigue; and decreases death rates from all causes.

"The whole body was designed for action. Without regular exercise, the mental and moral powers are weakened" (Ellen White, *Education*, pp. 207-9). All of us should work a regular exercise program into our schedules. If exercise is enjoyable and is done with friends, it is more likely to become part of our regular lifestyle.

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