

## *Fitness for a Lifetime*

Exercise is important to keep both your body and mind "in shape." Too often we get busy and one of the first things we eliminate is exercise. That may not be the best strategy because those who exercise have fewer health problems and can manage their calendars and stress levels much more efficiently. Here are some of the basic benefits that people can look forward to, when embarking upon a lifetime fitness outlook:

### **Increased Energy**

Working out on a regular basis makes your body more efficient at burning calories which gives you more energy throughout the day.

### **Increased Metabolism**

Increased physical activity leads to more muscle mass, which leads to a higher metabolism. Every extra pound of muscle allows you to burn anywhere from 50-100 calories when at rest.

### **Improved Muscle Tone**

Weight training allows you to change the shape of your body. Since muscle is denser than fat, one can get bigger or smaller by gaining more muscle mass.

### **Better Health**

Exercising leads to a strengthening of the immune system; which means that one is less likely to get sick.

### **Stress Reduction**

Stress levels are reduced by regular work outs. They allow the individual to take their mind off the daily grind and use pent up energies for productive purposes.

### **Improved Self-Esteem**

When following an exercise regimen on a regular basis, you bring about greater self esteem through the results achieved.

### **Fitting in Fitness**

- Do it first thing in the morning. If you wait until later its easy to let "something come up."
- Ride your bike or walk to campus. Most healthy adults can walk a mile in under 20 minutes. You save on gas, and add to your fitness.
- Always take the stairs.
- If you must drive to campus, park as far away from your destination as possible.
- Be active while watching TV - do push-ups, crunches, housework during commercials.
- Walk during study or work breaks. Wear comfortable shoes or sneakers.
- If you have a dog, take short 10-15 minute walks 2-3 times a day. Your dog will be happier and healthier too!

### **Fitness Center Hours:**

Mon-Thurs: 6 am - 10:30 pm

Friday: 6 am - 9 pm

Saturday: 9 am - 8 pm

Sunday: 1 pm - 10:30 pm

Individual and Small Group Clinics or Orientations Contact Patti Colliton: collitonp@wlu.edu

*Brought to you by the Fitness Center and the Office of Health Promotion*