

HEALTH BITS

A SERVICE OF THE CBC HEALTH CARE COMMITTEE

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FALL in love with Fitness:

Finding the Motivation to Keep Going

The Benefits of Exercise:

- A sedentary lifestyle is 1 of the 5 major risk factors for cardiovascular disease (along with high blood pressure, abnormal values for blood lipids, smoking, and obesity), as outlined by the American Heart Association.
- Evidence from scientific studies show reducing these risk factors decreases the chance of having a heart attack or experiencing a cardiac event. Regular exercise has a favorable effect on many of the established risk factors for cardiovascular disease.



Advantages of Regular Exercise on Cardiovascular Risk Factors

- Increase in exercise tolerance
- Reduction in body weight
- Reduction in blood pressure
- Reduction in bad (LDL and total) cholesterol
- Increase in good (HDL) cholesterol

- Increase in insulin sensitivity

Steps to Making Exercise a Priority:

1. Start slow
 - It is important to start slow with something you enjoy
2. Reasonable Goals
 - It is important to set realistic and reasonable goals that you can achieve
3. Designate Certain Days and Times:
 - It is important to set realistic and reasonable goals that are attainable
4. Change it up:
 - It is ok to change your routine every few weeks to keep your workout interesting; in fact, it is recommended!
5. Reward yourself:
 - Rewarding yourself is a great incentive to work out even harder.
6. Never give up!
 - No matter the circumstance, never stop running towards what you want to achieve.
7. Change your perspective
 - Shift your thinking from couch potato mentality to thinking like an athlete
8. Reach out to others for support and motivation
 - Surround yourself with others who motivate and support you, find an accountability partner for the workouts!
9. Sign a commitment contract:
 - We can make promises to ourselves all day long, but research shows we are more likely to follow through with pledges when we make them in front of friends.
10. Have fun!
 - Exercise shouldn't feel like a chore! Find something active that you enjoy doing so that you look forward to it.