

*So you  
think 'exercise'  
is not for you?*

*Maybe you  
just are  
not quite  
ready to start.*

*Read on....*

*"I try to remember  
that when I take  
time for myself,  
I have a lot more  
to offer myself,  
my work, and  
those around me."*

*- Unknown*

Me  
Exercise?



I don't  
think so!



PEORIA, IL

You probably have heard of the benefits of being involved with a regular exercise program, but never really thought about how it could apply to you.

## *Let's look at more benefits of having an active lifestyle:*

Exercise can:

- Reduce the risk of heart disease
- Help decrease weight or maintain a healthy weight
- Improve blood cholesterol levels
- Prevent and manage high blood pressure
- Prevent bone loss
- Boost energy levels
- Help manage stress
- Relieve tension
- Improve being able to fall asleep quickly and sleep well
- Improve self-image
- Decrease the risk of certain cancers
- Help stop feelings of being 'down in the dumps'
- Provide a way to have fun with family and friends
- Start good heart-healthy habits in children at an early age
- Maintain quality of life and independence as aging occurs

### *Did you know that...*

- Having a sedentary lifestyle (very little physical activity or exercise) is a major risk factor for heart disease, just like smoking?
- Even increasing the amount of physical activity from things you do every day (like taking the stairs more often, parking your car farther away, washing your car by hand) can give you health benefits?
- Estimates are that up to 250,000 deaths per year in the U.S. - about 12% of total deaths - are due to a lack of regular physical activity?

Now, look at the list and circle all of the benefits that would be important to you. Maybe you can think of other reasons you would want to get more active. If so, write them here:

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OK, this all sounds great, but you have reasons you do not exercise, right? Maybe you just do not have the time, or you somehow thought you had to join a gym to get the benefits from being more active, or maybe your couch will miss you? Whatever the reasons are, they are important enough to stop you from getting the many benefits an active lifestyle could give you. List your reasons for not exercising below:

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Now, look at the benefits of being active and the reasons you are not active. Thinking about the benefits, and the barriers, to an active lifestyle is the first step. Please talk with your healthcare provider or call the OSF Saint Francis RiverPlex at 282-1600 if you are ready to take the next step. It may not seem possible now, but increasing the activity in your life really can help you feel great! Visit our web site at <http://osfsaintfrancis.org/services/wellness/>

