



10 Quick Reasons to Start Exercising Today

You know you should exercise every day - but have you ever really stopped to think about why? Here are just a few reasons to consider digging those gym shoes out of the closet ... today.

Regular exercise can:

1. Strengthen your cardiovascular system by increasing the concentration of "good" cholesterol and reducing the amount of "bad" cholesterol in your blood.¹
2. Help reduce your risk of high blood pressure - and if you already have high blood pressure, exercise can help lower it.¹
3. Improve your respiratory system by helping to increase your lung capacity, allowing you to take in greater amounts of oxygen to nourish your cells.¹
4. Help preserve bone mass and increase bone density, giving you stronger bones and improving your balance and coordination.²
5. Burn calories to help you manage your weight. Studies have shown that even if you don't alter your eating habits, walking for an hour a day can help you lose as much as 10 pounds in six months.³
6. Help prevent or manage type 2 diabetes by making the insulin your body produces work better to lower your blood sugar naturally.⁴
7. Activate the brain neurotransmitters associated with avoiding depression. The levels of those neurotransmitters and their balance with each other play a role in how you react to daily events. Exercise helps keep those chemicals in sync.¹
8. Lower your risk of developing certain types of cancer. Researchers believe regular exercise may help reduce your chances of developing cancers of the colon, prostate, endometrium and breast.¹
9. Positively impact the quality of your sleep. Daily moderate exercise can help you fall asleep more quickly and sleep more deeply.⁵
10. Help you live longer. Studies have shown that people who burn more than 2,000 calories a week by exercising live an average of one to two years longer than people who burn fewer than 500 calories a week.¹

Visit the CDA Web site for more information: www.disabilitycanhappen.org

The Council for Disability Awareness



- 1 [Exercise: 7 benefits of regular physical activity.](#) MayoClinic.com. Mayo Foundation for Medical Education and Research. July 26, 2005.
- 2 [Exercise and osteoporosis: Staying active safely.](#) MayoClinic.com. Mayo Foundation for Medical Education and Research. Sept. 24, 2004.
- 3 [Walking: Am I Walking Enough to Lose Weight?](#) Walking.about.com. About, Inc., 2006.
- 4 [Diabetes and exercise.](#) www.diabetes.org. American Diabetes Association, 2006.
- 5 [Sports Medicine: Exercising before bed.](#) Sportsmedicine.about.com. About, Inc., 2006.

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