**Commit to a Regular Fitness Routine**

{!firstname\_fix}

On top of a healthy diet, exercise is paramount to preventing disease and maintaining full mobility as we age. Doctors recommend 30 minutes of exercise every day because it keeps our hearts strong and improves circulation so our entire bodies can get the nutrients they need.

Taking care of your body doesn't mean you have to turn into a gym rat. Studies have shown that dog owners live longer, most likely due to the cardiovascular exercise they must do each day to walk the dog. If you want an easy way to be held accountable for daily exercise, consider adopting a pet to reap the benefits of having a loving companion who will motivate you to reach your fitness goals.

If you are fully committed to slowing down your aging, consider incorporating some strength training into your exercise regimen. This can include using resistance bands and doing pushups, planks, and squats.

Again, a gym is not necessary to take care of your body since strength training exercises can be completed at any time in any place simply by utilizing the weight of your own body to build muscles. Strength training can improve your joints, relieve stress, and fix your posture, all of which are important to looking and feeling youthful.

[Sign Off]