



Parish Nurse Corner

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“Why Do I Need To Exercise?”

Few lifestyle choices have the potential to make a positive impact on your health more than physical activity. Whether you run 10 miles or take a brisk walk around your neighborhood, getting your heart rate up (on purpose) is always a good thing. Not only does exercise provide the physical benefits that we’re all familiar with, such as a more trim body, it also positively affects other areas of our health.

According to a recent study at Group Health Cooperative in Seattle, regular exercise may reduce the risk of dementia and Alzheimer’s by 40 %. Exercise also has psychological benefits- it can reduce stress much better than a glass of wine.

Balancing your schedule to include regular physical activity doesn’t have to be difficult. By simply incorporating 30 minutes of moderate exercise per day, you can greatly reduce your risk of cardio-vascular disease, type-2 diabetes, metabolic syndrome, colon and breast cancers. Regular exercise will also improve your ability to perform daily activities, prevent falls, strengthen your bones and muscles, and ultimately, increase your chances of living longer.

Thirty minutes of exercise daily may sound daunting, but you can break up your activity throughout the day. As long as your exercise lasts at least 10 minutes, you’ll be improving your health. One of the easiest ways to fit exercise into your day is by walking. You don’t need any special equipment (except for a comfortable, sturdy pair of shoes), and you can do it almost anytime, anywhere.

May you walk with God every day, in whatever you do, wherever you go.

Blessings,
Peggy Taylor, RN
Parish Nurse