

# ROCK THE WALK 2020



Immunity Boosting: Week 3

## EXERCISE

### EXERCISE AND YOUR HEALTH

Exercise, whether cardiovascular, strength training, balance or flexibility training, is vital to maintaining overall health. Some of the benefits of regular exercise include:

- IMPROVED HEALTH NUMBERS
- WEIGHT LOSS/MANAGEMENT
- IMPROVED SELF-ESTEEM
- HELPS WITH ANXIETY/DEPRESSION
- IMPROVED SLEEP QUALITY
- MAY HELP PREVENT VARIOUS DISEASES AND CANCERS
- STRESS MANAGEMENT
- CAN HELP WITH OVERALL COGNITION
- MAY IMPROVE OVERALL MOOD
- STRENGTHENS BONES & MUSCLES

Educational information provided by [Science Daily article](#) titled "Regular exercise benefits immunity—even in isolation"

### HOW TO GET CREATIVE WITH EXERCISE DURING A PANDEMIC:

Exercise doesn't have to be boring! Finding exercise that you enjoy will make it feel less like a chore.

- Spend time outdoors socially-distanced in nature walking, running, biking, hiking or spending time in your yard.
- Dust off the old equipment in your home--such as treadmills, recumbent bikes, dumbbells, bands, steppers and sweatbands.
- Go virtual! Check out the various exercise programs offered through streaming services social media, and even YouTube. Other options: DVDs and workout tapes!
- Get creative in all you do--take the stairs instead of the elevator; park further away at the store/work; Use items at home for strength training; have fun!

### HOW EXERCISE BOOSTS IMMUNITY:

Exercise affects your total overall health, and in turn, can help keep you immune system strong and help prevent illness and infection when following recommended guidelines.

✓ ACCORDING TO THE ARTICLE, EXERCISE HELPS THE IMMUNE SYSTEM FIND AND ELIMINATE HARMFUL PATHOGENS.

✓ IN THE LONG TERM, EXERCISE SLOWS DOWN THE CHANGES THAT HAPPEN TO THE IMMUNE SYSTEM WITH AGEING, WHICH IN TURN REDUCES THE RISK OF INFECTION.

The recommended amount for moderate exercise each week is 150 minutes.

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