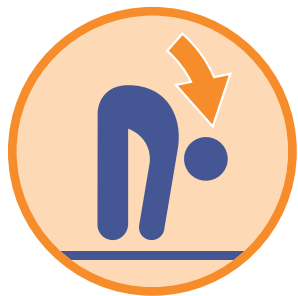


## LIVING LONGER, MOVING BETTER

# Fitness is the Key

### Before You Begin: Let's Understand the Four Types of Exercise

There are four types of exercise: Cardiovascular (or Cardio), Strength, Balance and Flexibility. Many people prefer cardio; while others love strength training and tend to focus on that exercise alone. However, in order to enjoy robust health and an independent lifestyle for many years to come, all four are necessary.



- **Cardiovascular exercises** improve your overall quality of life and the options are endless. Walking. Cycling. Jogging. Dancing. Not only are there infinite choices, but the benefits are also numerous as well. Cardio is any exercise that gets your heart pumping and your lungs expanding

- **Strength training** improves your ability to do everyday activities and protects your joints from injury. Building muscle contributes to better balance and reduces your risk of falls. This is vital in helping maintain your independence as you age

- **Balance exercises** help prevent falls, a common problem in older adults that can have serious consequences

- **Flexibility exercises** lengthen and stretch muscles that help you prevent injuries, back pain, and balance problems

### HOW CAN YOU GET THIS ALL DONE YOU ASK? JUST START WITH 10 MINUTES PER DAY.

A great resource to help you get moving is [Starting to Exercise](#). Exercise needn't be stressful nor strenuous to be effective. Just 10-15 minutes of exercise per day is beneficial and can add an additional three years to your life. A recent review observed a 22 percent lower risk of early death in individuals who exercised — even though they worked out less than the recommended 30 minutes per day.

We've presented a few examples below that will help you get started.

#### 10 MINUTES OF CARDIO

Cardio, short for cardiovascular exercise, is any movement that increases your heart rate and blood circulation. Any form of cardio burns off calories.

- **Set your timer** and use 10 minutes of your lunch hour to go for a brisk walk

- **Don't set the DVR for your favorite program** and fast forward through the ads. There are approximately 10-15 minutes of advertising in a one-hour TV show. Use the commercial breaks to jog in place or go up and down the stairs



### MYHEALTH STORY

#### EMPLOYEE FEATURE: NEIL J. CACCIOTTOLO, CIVIL DIVISION

Since starting my employment here on January 3rd, I have lost close to twenty pounds just by the extra walking during my commute. And my health has improved, as evidenced by my last doctor's visit (lower blood pressure and lower blood sugar). All my life, I have always prided myself in eating healthy — plenty of produce, fish, and meat products only two to three times a week.

Commuting to work can be healthy for you. I am a perfect example of it.

***Stay healthy everyone and be safe!***



**(CONTINUED)**

- **Go for a walk inside.** Plan a route through your home that lets you take about 25 steps and take this route while you're in a meeting or catching up with a friend on the phone
- **Make a playlist with just three of your all-time favorite dance tunes.** Dance your heart out for the entire playlist (songs are typically 3 minutes long) and you've done 10 minutes of cardio

**10 MINUTES OF STRENGTH TRAINING**

The average adult spent 2 hours and 53 minutes each day watching live TV in the last quarter of 2021. Make that time work for you by bringing resistance bands or weights to the sofa with you. You don't need a membership to a gym or health club for strength training. While watching TV, use weights or resistance bands for 10 minutes. Search online to find the workout that's right for you. "[10 Minute BodySit Seated Resistance Band Workout](#)" is a great seated resistance exercise video to help you begin.

**10 MINUTES OF FLEXIBILITY TRAINING**

Whether you drive, stand, or sit at a desk for long periods, aim to change position and stretch for 10 minutes at least once a day. Two times a day is even better to improve overall fitness. After a walk, add 10 minutes of your favorite stretches to improve flexibility and balance. If you don't have an inkling on how to begin flexibility training, start with a simple tutorial like the one [here](#).



***Don't Overthink It, and Be Kind To Yourself***

Finally, start where you are. Compete with no one. Move at your own pace and be kind to yourself. Should you fail, give yourself the grace you need to begin again.



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