

Get Some Spring into Your Step!



The Benefits of Staying Active

Regular physical activity is one of the most important things you can do for your health. Being physically active can improve your mental health, mood, sleep, and brain health. It can reduce your risk of falls and your risk for developing chronic diseases. It also helps maintain your blood sugar and insulin levels.

How Can I Make Exercise a Part of My Regular Routine?

- Make everyday activities more active. Even small changes can help. You can take the stairs instead of the elevator. Walk down the hall to a coworker's office instead of sending an email. Wash the car yourself. Park further away from your destination.
- Be active with friends and family. Having a workout partner may make you more likely to enjoy exercise. You can also plan social activities that involve exercise. You might also consider joining an exercise group or class, such as a dance class, hiking club, or volleyball team.
- Keep track of your progress. Keeping a log of your activity or using a fitness tracker may help you set goals and stay motivated.
- Make exercise more fun. Try listening to music or watching TV while you exercise. Also, mix things up a little bit - if you stick with just one type of exercise, you might get bored. Try doing a combination of activities.
- Find activities that you can do even when the weather is bad. You can walk in a mall, climb stairs, or work out in a gym even if the weather stops you from exercising outside.

medlineplus.gov/benefitsofexercise.html

Recommended regimen includes the following types of physical activities:

- **Aerobic or endurance activities**
Running, swimming, biking, hiking, playing sports, dancing, and brisk walking.
- **Strength or resistance activities:**
Weightlifting, pushing a wheelchair/stroller, kettlebells, and body weight exercises.
- **Balance activities:** Stance and chair balances, tai chi, and some forms of yoga.
- **Flexibility activities:** Stretching and some forms of yoga.
- Consult your doctor before starting, stay hydrated, and begin slowly.

How can you be more active at work?

- Get up from your chair and move around at least once an hour.
- Stand when talking on the phone.
- Use your break or part of your lunch hour to walk around the building.

Group Visits

- **Tuesday, April 4th** at 10am
Topic: Dealing with Caregiver Stress
- **Thursday, April 6th** at 5:30pm
Topic: **Informational Session**
- **Tuesday, April 11th** at 10am
Topic: Meal Prepping
- **Thursday, April 13th** at 5:30pm
Topic: Meal Prepping
- **Tuesday, April 18th**, at 10am
Topic: Discovering Your Strengths
- **Thursday, April 20th** at 5:30pm
Topic: How to Fit Exercise into Your Daily Routine
- **Tuesday, April 25th** at 10am
Topic: How to Improve Your Sleep

Lifestyle Events Around Town

- **BioPark**
903 10th St SW, (505) 768-2000
SNAP Discount: Adults - \$3
Seniors (65+) and Youth (3-12) - \$1
- **Running Medicine**
Spring Season March 25- June 8th
Saturdays at 8am
ABQ Downtown-various locations
<https://runningmedicine.org/>
- **New Mexico Museum of Natural History & Science**
1801 Mountain Rd NW
505-841-2800
Free for residents every Sunday
9am-1pm
Free for seniors every Wednesday
9am-1pm

Have Questions?

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