

Starting to Exercise

Starting an exercise program online or with a fitness instructor at a gym or fitness centre will help guide you through starting and maintaining an exercise program that suits your abilities and lifestyle and address many important questions about physical activity you may have on the way.

It's not possible to get the results going solo at the gym first time and may even be dangerous if you don't fully understand what you are doing and how to do it safely and effectively.



Exercise boosts circulation and allows you to move more freely and being physically active can improve your brain function, help with weight management, reduce the risk of disease, strengthen bones and muscles, and improve your ability to do everyday activities.

Adults who sit less and do any amount of moderate-to-vigorous physical activity gain some health benefits.

Hundreds of studies worldwide on all body types and different ages demonstrate that exercise helps you feel better, suffer less depression, and live longer.

To improve your mood, boost your ability to fight infection, lower your risk for heart disease, and diabetes, high blood pressure, and colon cancer the best method is regular exercise.



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10 Benefits of Exercise

1. Improve your memory and brain function (all age groups)
2. Protect against many chronic diseases.
3. Aid in weight management.
4. Lower blood pressure and improve heart health.
5. Improve your quality of sleep.
6. Reduce feelings of anxiety and depression.
7. Combat cancer-related fatigue.
8. Improve joint pain and stiffness.
9. Maintain muscle strength and balance.
10. Increase life span.

Keep Going

Start with simple stretches and slowly build as your flexibility and strength improves.

At first you will ache and have sore muscles that's good its working but as you keep moving on to progress this recovery time will shorten and you will start to feel benefits and see results.

Wellbeing in Motion



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