

# Fitness Isn't a Fad



EMOTIONS OF THE HEART

**E**xercise. We all know we should. Sometimes the hardest part about exercising is being motivated enough to get off the couch, but fitness isn't a fad. There is always going to be that "newest thing," that product or workout that advertises amazing fitness results. What motivates you? Is it a quest to be healthier

in order to avoid heart disease? Are you motivated by the fun new workouts, trends or trainers that gyms advertise? In reality, it doesn't matter what your motivation is or what you do to get fit as long as you are doing something.

## Your Health and Heart Disease

Did you know that according to the Mayo Clinic, the leading killer of men and women today is heart disease? Heart disease includes a myriad of issues such as heart failure, coronary artery disease and arrhythmias, just to name a few. Here are the cold, hard facts: according to the Centers for Disease Control and Prevention and the National Center for Health Statistics, 35.7% of adults in the U.S. were considered obese in 2009-2010. High cholesterol, diabetes and hypertension are all possibilities when someone is overweight. These diseases have a direct effect on the heart and its ability to function properly, and being overweight or obese puts you at a greater risk for heart disease. So what more motivation do you need? Exercising will not only improve the health of your heart but will also improve your quality of life. The American Heart Association recommends 150 minutes of moderate exercise, 75 minutes of vigorous exercise or a combination of both every week. Talk with your physician about a fitness plan that is right for you. You can discuss the best types of exercise and healthy foods that will help you on your way to your fitness goals.

### Still Not Convinced?

According to *Healthy Living*, there are 10 powerful and life-changing reasons to start exercising today, including walking, biking, swimming, running or joining a club sport. Here are a few good reasons:

- By exercising, your quality of life will improve. While there is no guarantee that you will extend your life, you will reap the benefits of a healthier lifestyle.
- Exercising can be fun. It doesn't have to be a miserable experience that you dread. Kicking around a soccer ball with friends is a sneaky way to exercise and have fun at the same time.
- Exercise relieves stress. Exercise releases endorphins, which make you feel better. When you are feeling stressed, take an exercise break instead of a snack break.

- Exercising will put a spring in your step. Exercising can increase the amount of oxygen your muscles can use by as much as 40%. That means you will have more energy to complete everyday tasks.
- Exercise helps you fight colds. Aerobic exercise helps to boost your immune system, which means you will be better able to fight off colds.
- Exercise helps your heart. Endurance exercises such as running, walking, swimming and biking will help improve and strengthen your heart.

So what more motivation do you need? Exercise is an integral part of keeping your body healthy and functioning properly. Exercise will strengthen your heart, make you feel better, help you lose weight and relieve stress. It's not about what you do — it's about doing it. Check out a fun Zumba class, take a walk with a co-worker at lunch, go on a nature hike, swim laps in your pool — the list of possibilities is endless. Discuss any workout plan with your physician before you begin so that you can ensure that you are healthy enough to exercise. Your heart will thank you.

Sources: <http://www.webmd.com/heart-disease/guide/diseases-cardiovascular>

<http://www.cdc.gov/nchs/data/databriefs/db82.pdf>

<http://www.healthylivingonline.org/exercise/10reasons.html>

