Wake Forest™ School of Medicine

Women's Health Center of Excellence for Research, Leadership, Education

Fact Sheet

Exercise is Good For You!

WHY?

- Helps you lose weight or maintain a healthy weight.
- Helps keep your bones strong.
- Helps keep your heart healthy.
- Can lower cholesterol.
- Lowers risk of colon cancer.
- Helps control your blood sugar.
- Lowers high blood pressure.

WHAT KINDS OF EXERCISE SHOULD I DO?

Exercises such as taking a walk, riding a bike, or going for a swim can make your heart and lungs strong. It is best to exercise for at least 30 minutes at a pace where your heart rate can rise, but you are still able to talk.

START SLOWLY

Begin exercising one day a week, then work your way up to 3 to 4 times a week. Try to exercise 30 to 45 minutes each time. Don't forget to warm up before you begin with small stretches, and cool down with small stretches after you finish.

CHECK WITH YOUR DOCTOR BEFORE YOU BEGIN AN EXERCISE PROGRAM IF YOU:

- Are over 40 and are new to exercise
- Have diabetes
- Are overweight
- Have high blood pressure or heart disease
- Smoke
- Have any other medical problems

This information is general. If your doctor tells you something different, follow his or her instructions.

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For more information about women's health issues, stop by our Resource Center at 2000 West First Street, Piedmont Plaza II, 1st Floor, Winston Salem, NC 27104, visit our website at http://www.wakehealth.edu/WHCOE/ or contact us at (336) 713-4220.