

FORGING THE FUTURE:



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Friday FACTS

28 May 2004

"Leadership, Partnership, and Championship"

June 14-20—NATIONAL MEN'S HEALTH WEEK

Steps to Get Moving for Your Health

If you think you're too tired or busy to exercise, here are some great benefits of physical activity that may change your mind:

- 1. Regular physical activity improves your mental health.** It reduces stress, improves your sense of well-being, lowers anxiety and depression, and improves your problem-solving skills. You will also sleep better.
- 2. Regular physical activity improves your overall health.** You will have more muscle, less fat, and better cardiovascular health. As a result, you will be less likely to develop heart disease and some forms of cancer. You also will have a stronger immune system and strong bones. This all means a longer, healthier life.
- 3. You don't have to be as fit as a professional athlete to benefit from physical activity.** In fact, 30 minutes of moderate physical activity on most days of the week can greatly improve your health.

To get physically active and stay active:

- Choose an activity that's fun.
- Change your activities, so you don't get bored.
- Do yard work.
- If you can't set aside one block of time, do short activities during the day, such as three, 10-minute walks.
- Create opportunities for activity, such as parking your car farther away, taking the stairs instead of the elevator, or walking down the hall to talk to a coworker instead of using e-mail.
- Don't let the cold weather keep you on the couch! You can still find activities to do in the winter like exercising to a workout video or joining a sports league or gym.
- Use different jogging, walking, or biking paths to vary your routine.
- Exercise with a friend or family member.
- If you have children, make time to play with them outside. Set a positive example!
- Make activities into social occasions—have dinner after you and a friend work out.
- Read books or magazines to inspire you.
- Set specific, short-term goals, and reward yourself when you achieve them.
- Don't feel badly if you don't notice body changes right away.
- Make your activity a regular part of your day, so it becomes a habit.
- Build a community group to form walking clubs, build walking trails, start exercise classes, and organize special events to promote physical activity.

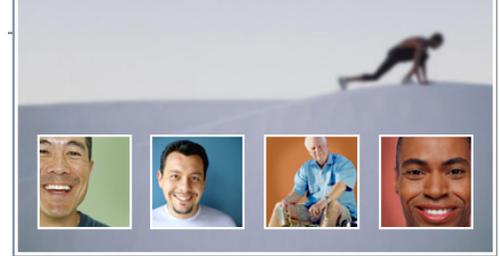
Before you start any physical activity, talk to your doctor if you:

- have heart disease or had a stroke or are at high risk for them
- have diabetes or are at high risk for it
- are obese (body mass index of 30 or greater)
- have an injury (like a knee injury)
- are older than age 50

Source: *Fitness and Nutrition in Men*, Men's Health Section, National Women's Health Information Center, www.4woman.gov.

What do you know about

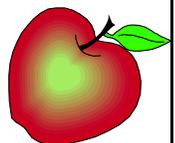
Men's Health?



Eat an Apple

Sink your teeth into a crisp, juicy apple and you're getting much more than a tasty snack. Apples are an excellent source of carbohydrate energy, and they contain antioxidants that may help protect against cancer, heart disease and strokes. One medium apple gives you five grams of fiber in the form of pectin, a cholesterol reducer. Eating one after a meal can eliminate 95 percent of the bacteria that causes tooth decay.

Source: "Be Happy, Be Healthy," United Health Foundation.



"Seeing much, suffering much and studying much are the three pillars of learning." -Benjamin Disraeli