



Exercise – It Does a Body Good!

It is never too early or late to make exercise a healthy habit in your life! But it is important to be realistic about what exercise can and cannot do for you.

Here are some of the great things that regular exercise can do for you:

- Keep you trim, help you lose fat and preserve muscle
- Improve sleep
- Improve your bone density and reduce your risk of falls and fractures
- Lower your risk of heart disease, diabetes, high blood pressure, gallstones, and colon cancer
- Raise self esteem, improve mood and relaxation
- Decrease migraine headaches
- Reduce discomfort from arthritis
- Reverse the natural muscle loss that occurs with aging.

AVERAGE CALORIES BURNED** DURING 10 MINUTES OF ACTIVITY

ACTIVITY	125 lb person	175 lb person
Walking @ 2 mph (eg. 30 min. = 1 mile)	29	40
Running @ 5.5 mph (eg. 11 min. = 1 mile)	90	125
Running @ 7mph (eg. 8.5 min. = 1 mile)	118	164
Biking @ at 13 mph (eg. 4.6 min = 1 mile)	89	124
Weeding garden	49	68
Mowing grass (power), dancing, golfing	33 - 35	47 - 48
Skiing (downhill)	80	112
Cross Country Skiing	98	138
Swimming (crawl)	40	56
Tennis (singles)	56	80

** Calorie expenditure may vary greatly, depending on how vigorously you exercise.

To lose a pound of weight, you need to burn 3500 calories.

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