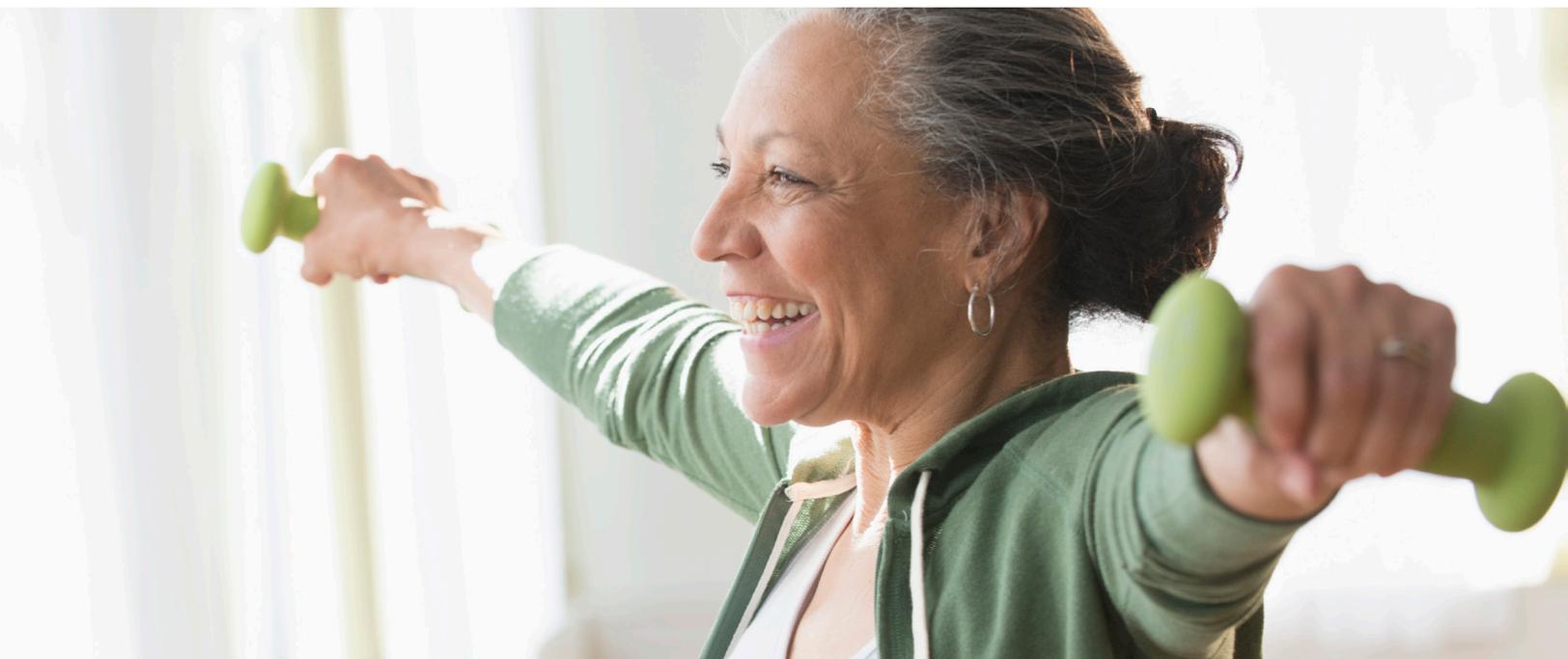


MAKE EXERCISE A PART OF YOUR ROUTINE



Incorporating physical activity into your routine is an important part of maintaining and caring for your health.

Some of the benefits are:

- Lowers blood pressure and cholesterol
- Contributes to lowering the risk of developing chronic conditions such as cardiovascular disease and diabetes
- Helps maintain a healthy weight
- Increases your energy for everyday activities
- Helps to manage stress
- Strengthens your muscles and bones
- Improves balance
- Reduces symptoms of depression and improves quality of life

It is recommended that you get at least 150 minutes of moderate to intense physical activity per week. You can spread them out over a total of 30 minutes a day for 5 days a week.

To incorporate physical activity into your daily routine, you can walk, play with the kids, walk the dog, work in the garden, and clean the house.

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TYPES OF EXERCISES	DESCRIPTION	EXAMPLES
Aerobics	Physical activity that involves the continuous, rhythmic movement of the body's muscles over a period of time	<ul style="list-style-type: none"> • Brisk walking • Swimming • Dancing • Going up and down stairs
Resistance	Physical activity that involves resistance and lifting weight in order to stimulate the strengthening of the muscles	<ul style="list-style-type: none"> • Weight lifting • Using a rubber band • Resistance exercises (abdomen, legs, and arms)
Stretching	Stretching increases flexibility and reduces stress	Stretching of: <ul style="list-style-type: none"> • Neck • Arms • Back • Legs
Coordination and Balance	They reduce stress, anxiety and depression. They lower blood pressure. They increase strength and coordination.	<ul style="list-style-type: none"> • Yoga • Pilates • Tai Chi

Important!

When exercising you should:

- Consult your physician
- Select appropriate clothing
- Stay hydrated (preferably with water), during and after your exercise routine

Reference:
 Physical Activity Guidelines, 2018
https://health.gov/paguidelines/second-edition/pdf/Physical_Activity_Guidelines_2nd_edition.pdf

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