

health of your heart and lungs (which lowers your chances of heart disease), Lower your cholesterol and blood pressure (which lowers your chances of heart disease, stroke, and other chronic diseases), Maintain your weight (which lowers your chances of heart disease, stroke, and other chronic diseases), Improve your strength and flexibility (which makes daily activities easier and lowers your chance of osteoporosis, broken bones, pulled muscles, and other injuries) and Improve your mental health (by lowering anxiety and depression and increasing feelings of control and well-being). The type of exercises you do and how often you do them can vary greatly from person to person, but all healthcare professionals agree that exercise is beneficial to everyone's health. There are many different kinds of exercise (walking, running, swimming, dancing, and weight lifting, to name just a few), but three basic types of exercise. A good exercise program will include some combination of all three of these types of exercise; Cardiovascular exercise improves and strengthens your heart, lungs, and circulation and helps people lose weight. Cardiovascular exercise is any type of exercise that raises your heart rate to a 'target zone' (determined by your age, weight, and health). Some of the most commonly discussed types of cardiovascular exercise include running, aerobics, bicycling, walking, and stair climbing, but could also include dancing, skating, skiing, martial arts, tennis, or any type of exercise that raises your heart rate. Strength training helps you by making you stronger and giving you better endurance (so you can do things longer). This makes day-to-day activities easier and reduces your chances of injury. While many people think of weight lifting when they hear

'strength training', there are many different types of exercises you can do to improve your strength (and you don't have to be a muscle-man or woman to do them.) Some common strength training exercises include sit-ups, push-ups, and using nautilus machines, strength bands, and free weights. Exercises that increase your flexibility give you greater range of motion in your joints and make your body more supple, again, making day-to-day activities easier and reducing your chances of injury. Many people do specific stretching exercises to increase their flexibility but other types of exercise (such as dancing, yoga, and martial