



For more information:

AlabamaBlue.com/myBlueWellness

Remember to check with your doctor before beginning any exercise program.

Blue Cross and Blue Shield of Alabama cares about your health and wellness.

This is an informational series designed to provide specific ideas for a healthy and safe lifestyle.

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This information is provided for general informational purposes. Information contained in this communication is not intended to replace professional medical advice, diagnosis or treatment. Always seek the advice of your physician or other qualified healthcare provider regarding your healthcare needs. Never disregard professional medical advice or delay seeking medical advice because of something you have read in this informational piece. Always check your benefits for coverage information and limitations.

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Exercise: Make Time for It

We live in a stressful, fast-paced world and sometimes we just can't seem to fit exercise into our busy schedules. Yet, we should make time for it.



myBlueWellness

*A wellness program for you
from Blue Cross and Blue Shield of Alabama*

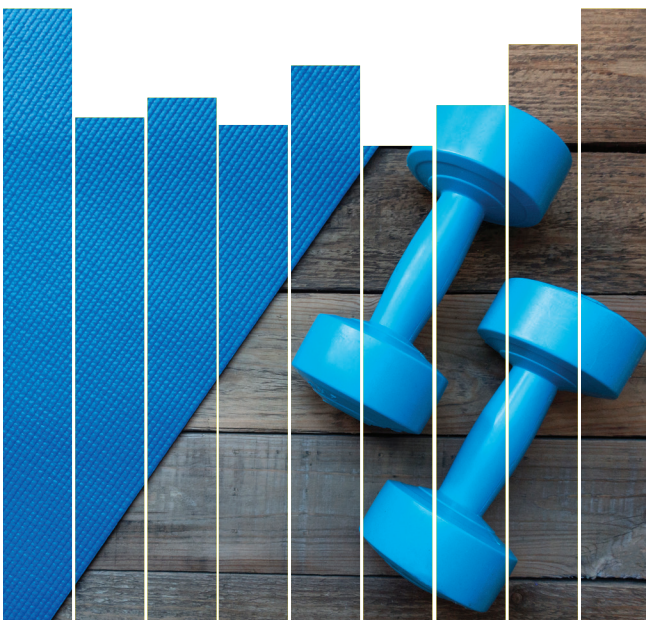


A regular exercise program not only improves your health, it is also a great “stress-buster.”

Taking time out of your day to exercise will help you cope with the stress of daily life. No matter what your age, it is never too late to begin an exercise program.

The health benefits of regular exercise are tremendous.

Exercise can help lower your risk for heart disease. It also can help you keep your blood pressure at a healthy level. Exercise helps you lose weight or maintain a healthy weight while building muscle and improving your stamina.



Here are some basic guidelines for a regular exercise program.

- Repetitive and rhythmic exercises are best for keeping in shape. These include walking, jogging, swimming, biking and aerobics.
- Don't overdo it, and don't try to do too much too soon.
- It's much better to start slowly and allow your body time to adjust to the change in lifestyle
- Your body will let you know if you are doing too much.
- You should be able to carry on a conversation while working out. If you cannot talk without feeling out of breath, slow down! If you feel pain or exhaustion after exercising, back off a little. Your ideal goal should be to exercise at least 30 minutes, five days a week.
- If you have a history of only staying with an exercise program for a short time, find a friend to exercise with you. You'll both benefit.

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