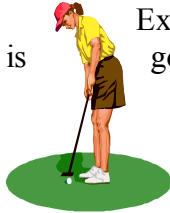


# Exercise

## What about Exercise?

Exercise is probably the single most important thing you can do for yourself. It is good for you because it can help:



- Control your weight
- Improve blood flow in your body
- Build healthy bones, muscles and joints
- Improve your balance
- Improve your sleep

## What exercises can I do?

Many types of physical Activity can make you feel better.

- Washing floors for 60 minutes
- Gardening for 45 minutes
- Wheeling in a wheelchair for 30 minutes
- Walking (20 minutes)
- Dancing fast for 30 minutes
- Water aerobics for 30 minutes
- Jumping rope for 15 minutes
- Using the stairs for 15 minutes

## Things to think about.

- Aim for 30 minutes or more a day. You can break up the time throughout the day. Ten minutes in the morning, ten minutes in the afternoon and ten minutes at night.
- Enjoy your exercise-pick something you enjoy doing and have fun: walking the dog, riding a bike, dancing or cleaning your house.
- Start slowly and try not to overdo it.
- Talk with your Doctor about the kind of exercise that is best for you.