



QUICK FACT

ADULTS WHO WATCH MORE THAN 4 HOURS OF TELEVISION A DAY HAVE AN 80% HIGHER RISK OF DEATH FROM CARDIOVASCULAR DISEASE

3 WAYS TO OPTIMIZE YOUR WORKOUT

Research shows that those who are physically active are likely to live longer, healthier lives. Exercise leads to many benefits such as weight management, reduced blood pressure, and increased energy levels. Include these three elements for a well-rounded fitness program.



AEROBIC EXERCISE

Get at least 20 minutes of aerobic training a day, three to five times a week. Activities can include walking, running, biking, and swimming.



STRENGTH TRAINING

Strength training increases bone strength and muscular fitness. Try to strength train twice a week. Focus on two to three upper body and lower body exercises.



FLEXIBILITY TRAINING

Flexibility is an important aspect of physical fitness. Strive to stretch every day, with a minimum of 15 seconds per stretch.