

Use It or Lose It

Cheap & Easy Ways to Exercise Without Becoming a Gym Bunny

Exercise is not compulsory at any age. But being or becoming active as we age, provides women (and men) with two major benefits:

1. The risk of mental decline is significantly lowered.
2. The overall improvement to general health is immense.

Exercise lowers blood pressure, improves 'good' cholesterol, fights fat, improves your sleep pattern and helps fight depression and anxiety!



Exercise is “Physical activity”, and you can do any of the following easy and no-cost forms of exercise:

- ▶ A **brisk** five minute walk around your local park, or join a local walking group, or **walk with a friend**.
- ▶ **Clean** the house
- ▶ Heavy **gardening**
- ▶ Vacuum/**Hoover** the house
- ▶ **Wash** your own windows
- ▶ **Walk** the dog
- ▶ **Swimming**
- ▶ Anything that makes you feel slightly **warmer**, makes your breathing heavier, and gets your heart and **pulse pumping** faster than usual.

And why not try these simple life changes:

- ★ Use the stairs; **ignore** the lifts and escalators.
- ★ **Get off** the bus or train a stop earlier and walk home or to work.
- ★ Spend more time gardening or **golfing** or enjoying some other active interest.
- ★ Save money and **leave the car** at home when you can.
- ★ **Wash** your car at home
- ★ If you work, **walk around** the office and talk to people rather than sending emails.
- ★ **Write** letters and cards and walk to the Post Office to send them.