REC TIP OF THE WEEK - April 29, 2013

Calories, Calories, Calories

Calories In – Pay attention to the foods you eat and portion size.

Calories Out – Are you getting enough physical activity?

Results of decreased activity/movement
- Increased fat mass
- Decreased muscle mass
- Decreased aerobic capacity (ability of heart and lungs to function efficiently)
- Decreased oxygen to vital organs
- Decreased strength

Effects of exercise on your body
- Improves performance of heart and lungs
- Builds endurance
- Increases metabolic rate, i.e. burns calories
- Builds muscle
- Results in the release of chemicals in the brain known as endorphins. Endorphins can improve your mood.
- Develops strong bones.

Benefits of exercise
- Reduces stress
- Prevents weight gain
- Maintains weight loss
- Reduces risk of illness and disease
- Improves mood
- Improves muscle strength (strong muscles enable you to do more before you tire)
- Builds endurance (enables you to do more before you tire)
- Enables heart and lungs to work more efficiently
- Delivers oxygen and nutrients to your tissues
- Promotes better sleep - helps you to fall asleep faster and to deepen your sleep
- Improves your sex life. (Regular physical activity can lead to enhanced arousal for women; men who exercise regularly are less likely to have problems with erectile dysfunction than are men who do not exercise.)
- Gives you a chance to unwind.
- Provides an opportunity to do something you enjoy.
- Can provide an opportunity to connect with family or friends in a fun social setting.
- Provides the opportunity to enjoy the outdoors.
- Leaves you feeling energized and looking better – increased self-esteem.