

## Exercise

“Those who think they have not time for bodily exercise will sooner or later have to find time for illness.” –*Edward Stanley*

“Take care of your body. It’s the only place you have to live.” –*Jim Rohn*

“If exercise could be packed in a pill, it would be the single most widely prescribed and beneficial medicine in the nation.” –*Robert N. Butler, M.D. Former Director, National Institute on Aging*

Make exercise a regular part of your routine (a 20 minute walk 3 times a week can be a start)

Schedule your exercise: that’s the only way it will happen

Exercise **IS** Medicine! Check out more information on this at this website:

[http://www.exerciseismedicine.org/support\\_page.php/about/](http://www.exerciseismedicine.org/support_page.php/about/)

Choose a type of exercise you like!

Try a yoga class

Get down and boogie

Run or walk a few minutes whenever you can

Take advantage of nearby parks for being active

Add geocaching to your life—walking or hiking while hunting for a hidden container

Work on more daily movement by parking farther away from entrances, taking the stairs, taking a lap around the office at lunch etc.

Download an app that helps you set movement and exercise goals, have fitness buddies, track movement, and complete challenges. These can help maintain motivation for exercise.

<http://www.fgwrc.ca/uploads/ck/files/Resources/Factsheets/FactSheetSelfCare.pdf>

<https://www.geocaching.com/playhttps://psychcentral.com/blog/archives/2016/08/10/what-self-care-is-and-what-it-isnt-2/>