

SUNDAY MORNING Health Corner

Empowering Women to Cultivate a Fitness Routine

Take control of your health today by creating a physical activity routine. **Women often place health and wellness as the last priority** when balancing the many demands of life. However, remembering to make time for your health is essential. **Incorporating light to moderate physical activity** into your **daily routine** has many benefits like reduced blood pressure, stress management, and improved energy levels. Everyone is encouraged to do at least **150 minutes per week of physical activity**, which is much easier than you think.

Here are a few suggestions to help you develop an exercise routine that sticks:



Start small. Physical activity in smaller increments like 15 to 20 minutes a day is better than none at all. Over time you'll have built the stamina and strength to exercise for a more extended period.



Bring a friend. Community keeps you accountable. A walking buddy or fitness group will encourage you to remain motivated, even on the days when exercising feels daunting.



Use what you have. Don't fret if you don't have gym equipment at home. Bodyweight workouts are a great alternative. Movements like jumping jacks, push-ups, and lunges go a long way!



Get the whole family involved. Carving time to exercise may seem impossible, especially if you have little ones at home. So, why not get them involved? Playtime with your little one's a fun and easy way to burn calories.



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