



News you can use...from your EAP

It's Never Too Late To Get Fit

Despite years of sedentary living, it is possible to become physically fit, according to a study at San Diego State University. The study tested three groups of men between the ages of 45 and 55, and found that men who had rarely exercised before could achieve levels of fitness almost equal to those of their counterparts who had exercised regularly for 10 years. In another study of exercise training in people 55 and older, the researchers found that those 55 and older could achieve the same amount of improvement in muscle strength, oxygen consumption and other benefits as people in their 20s and 30s.

Starting An Exercise Program

The American Heart Association recommends that all adults get at least 30 minutes of physical activity every day, or at least on more days than not. If you've been sedentary and want to begin exercising, follow these guidelines when starting a new exercise program:

- 1. If you're over the age of 40, check with your physician before beginning an exercise program.**
- 2. Start in a supervised program.** Join an exercise group, health club, or find an exercise specialist who can give you exercise counseling, testing, evaluation, and a realistic exercise prescription.
- 3. Start slowly.** You don't have to exercise excessively to become physically fit. Start your program slowly, take it day by day, and don't ever over do it. Gradually build up to 30 minutes of activity on most days of the week.
- 4. Aim for consistency.** Plan your day and life to make physical activity a regular part of your life. If you miss a workout or two, or even a week or two, don't get discouraged. Just get back into it. Workout with a partner or add variety to your workout if this helps you stay interested and motivated.
- 5. Don't rely on exercise alone to improve your health.** Proper nutrition, stress management and avoiding known health risks such as smoking are also vitally important.

NOTE: It is always recommended that you see a physician before starting a new exercise program.

Your EAP is here to help

If you want to obtain no cost counseling or other EAP services, please call **800-869-0276** or securely request services from the Member Access section of the EAP website:

www.eapconsultants.com