

## HEALTH TIPS

# Exercise

Exercise is body movement through different activities improving overall health. It is most effective when it becomes a habit or part of your everyday routine.



## Getting Started

It can be helpful for someone to try different physical activities to see what they like. Some people like to exercise in community settings like a gym, rec center or park and other people like to exercise at home.

Many different types of exercise can be found online, like on YouTube.

If someone has a long-term health condition such as heart disease or diabetes, it's important to talk to a doctor before getting started. They can ensure someone exercises in a healthy and safe way.



If you need help with the information in this document, including written/ oral translation; or in a different format like large print or as an audio file, we can help you at no cost. Call NHP at 800-541-6870 or State Relay 711 for callers with speech or hearing disabilities.

## Benefits

### Mental and Emotional Health

- Manage stress better
- Increases endorphins

### Physical Health

- Improves blood cholesterol level to prevent heart issues
- Lowers blood pressure to help prevent strokes or heart attacks
- Controls diabetes or reduces risk
- Helps with a healthy weight
- Makes muscles stronger
- Prevents falls and fractures by slowing the loss of bone mass

Call 911 right away if there is,

- Ongoing chest pain
- New burning, tightness, or pressure in the body
- Abnormal shortness of breath
- Fast or irregular heartbeat
- Fainting

## CARE COORDINATION

Care coordination is free and can be used to help make appointments, get medications filled or set up transportation for your outpatient appointments. Call 888-502-4190 to connect with a care coordinator.