

# Exercise At Home



ARIZONA ADVISORY  
COUNCIL ON INDIAN  
HEALTH CARE

## Benefits of Exercise



### DID YOU KNOW THE BENEFITS OF EXERCISE?

Regular exercise can:

- 1** Help prevent or manage many health problems, including:
  - Heart Disease
  - Stroke
  - High Blood Pressure
  - Type 2 Diabetes
  - Cancer (many types of cancer are directly linked to obesity and a lack of exercise)
  - Osteoporosis
  - Arthritis
  - Falls
  - Depression
  - Anxiety
  - Metabolic Syndrome
  - Gastroesophageal Reflux Disease (GERD)
- 2** **Increase your lifespan**
- 3** Improve your mood – regular exercise is known to reduce symptoms of depression, anxiety, and stress.
- 4** Improve your sleep
- 5** Help in combatting obesity, weight gain, and even to curb appetite
- 6** Improve your memory and cognitive function (by improving your circulation)
- 7** Improve joint pain and stiffness – by exercising and improving your muscle strength around achy joints, you can actually combat joint pain and stiffness.
- 8** Improve your confidence and your sex life
- 9** Improve your immune system function, making you likely to have less severe illness when you do get sick? (And who doesn't want to have their colds be shorter?)
- 10** Exercise helps to combat the signs of aging
- 11** Exercise increases the number of endorphins that are released into your body (and endorphins help to make people happy!) and this in turn increases productivity.

**IMPORTANT: Before beginning any exercise program you should first check with your healthcare provider to make sure you are healthy enough for exercise.**

### References

[Physical Activity Readiness Questionnaire](#)



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