

# Your Health Matters

## WHY YOU SHOULD EXERCISE

Regular exercise increases your muscle strength, improves your balance and helps with your walking, which can prevent falls.

### Benefits of exercise:

- Improves posture and balance
- Improves physical and mental health
- Increases energy
- Improves sleep
- Reduces aches and pains
- Develops stronger bones and muscles
- Reduces stress and promotes relaxation
- Improves weight maintenance
- Improves self-esteem
- Improves quality of life
- Reduces the impact of chronic diseases and illness
- Promotes independent living

**REMEMBER:** Exercises should be performed as recommended by your physiotherapist and should be followed as they are written.

### A well-rounded exercise program includes:

- Endurance
- Strengthening
- Flexibility
- Balance



### Get started by:

- Incorporating exercise and physical activity into your daily routine.
- Moving around frequently throughout the day.
- Using a motivational calendar to record your daily exercise, physical activity and walking.
- Having friends and family exercise with you.

Available in multiple formats