

For Your Health

Exercise

The Benefits of Physical Activity and Exercise

Physical activity (and exercise) is a cornerstone of a healthy lifestyle. Not only does physical activity make you look and feel better, but it is also critical for improving your health and extending your life. Being active significantly lowers your chances of developing potentially fatal illnesses, including heart disease, diabetes and cancer. In addition, remaining active throughout your life can help you stay healthy and disability-free as you age.

Starting a Fitness Program

Once you've decided to become more active, the next move is creating an exercise program that will work for you. This process can be broken down into four simple steps:

- Set some goals.
- Measure your fitness level.
- Choose your activities.
- Make a commitment to exercise.

Set some goals.

Ask yourself what you want to achieve. Are you hoping to lose some weight, lower your blood pressure or increase your stamina? Choosing the right goals will make a big difference in your ability to stick with your program.

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At Aetna, we believe there is nothing more important than your health. That's why we're pleased to give you information to help you manage your health.

Read on to learn more.

Make a commitment to exercise.

This may be the hardest step of all. Work, family, school and other obligations can all eat into your exercise time. In addition, frustration, boredom or even something as seemingly harmless as a minor cold can throw you off track. Arming yourself with techniques to help you stay motivated and recover from setbacks can make all the difference.

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