

There Is No Way Around It, You Need To Exercise

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Watch Oprah, listen to the radio, read the New York Times – all of them will tell you that exercise is going to help you. Walking daily has been found to help with keeping a healthy blood pressure, assisting with diabetes, and building bone density. Some of the excitement in the news can be exaggerated, but overall we know that there are basic things we need to do to stay healthy:

Move! Have fun moving! If the word “exercise” bothers you, don’t call it that. Dance, Run, Jump, Wiggle, Play. Enjoy what you do for movement. Nothing works well for exercise if you hate it. Find what you love and do that.

Do fun things with fun people! Seriously. We do know that being social helps with mood and possibly our immune system. It just makes sense. The more you enjoy an activity, the greater chance you will do it again, so you will have a better chance of sticking with it until you improve. Give whatever you try 2 full weeks of solid effort before you give up. It takes a few weeks to build strength and improve flexibility – give it time!

Eat healthy food. Eat real food. Check out [Food Rules](#) by Michael Pollan for easy information.

Short on time? No problem. Keep moving throughout the day, preferably for 15 minutes at a time, but even 5 minutes throughout the day is good for you. Don’t let lack of time stop you from taking care of you. A short workout is better than no workout.

Don’t forget to strengthen. Life is stressful for some of us, but we have made it too easy at times with rules of no heavy lifting, no climbing trees or even stairs for some, cars, comfy chairs, ergonomic desks. All of this means that we have become ‘The People Who Sit’. You really must move and do something to strengthen your muscles. Pilates, Tai Chi, weights, rock climbing, dancing, golf – do something!

A word of caution. Don’t start exercising today and work very hard for a week, then complain that you hurt and never exercise again. Remember that when you hurt, your mind wants to protect you from the ‘threat’ of movement.

The **WPTI** therapists can help you negotiate your way to a consistent program – and it can be fun!

