

Why Should You be so Concerned About Physical Fitness?

Mechanization, automation, and work-saving devices to make life easy are depriving us of desirable physical activity. Canadians, as a result, are in danger of deteriorating physically.

Here are the Pertinent Facts

Muscles unless adequately exercised or used will become weak and inefficient. Let's take a look at some of the evidence which shows why regular vigorous exercise is so essential to physical well-being.

Weak back muscles are associated, in many cases, with lower back pain. It has been estimated that 90% of these backaches may be eliminated by increasing the strength of the back muscles through exercise.

A bulging, sagging abdomen resulting from weakened abdominal muscles is detrimental to good posture.

The efficiency and capacity of your heart, lungs and other organs can be improved by **regular vigorous** exercise.

A fit person is less susceptible to common injuries, and, if injured, recovers more rapidly.

The incidence of degenerative heart diseases may be greater in those who have not followed a physically active life.

Regular vigorous exercise plays an important role in controlling your weight.

Regular vigorous physical activity can help you to reduce emotional and nervous tension.

You are never too old to begin and follow a regular exercise programme.

You can collect valuable dividends of physical efficiency from your daily activities

Hidden in the simple activities we do every day are wonderful opportunities to get exercise and keep refreshed. Because we have developed an attitude of "doing it the easy way" we take short-cuts which seldom save time. Consequently we have developed habits to avoid physical exertion.

Here are some routine activities which can be turned into small challenges that will help to maintain physical fitness once you have attained the suggested level of physical capacity for you. Make them a **HABIT!**



Balance on one foot without support while putting on your socks or shoes.



Give yourself a vigorous rub-down with a rough towel after a shower.



Take the stairs two at a time instead of trudging up one at a time. Avoid elevators for short trips.



Lift your chair, don't shove it. Bend your knees fully and keep back straight when picking an object off the floor.

Welcome an opportunity to walk; look for ways you can walk a few blocks rather than ways in which to avoid walking. Step out smartly and breathe deeply.