



MommyWise

A program of the Indiana Rural Health Association

Did you know that exercise in itself can not only help make your body stronger, but also provide a protective factor against diseases such as heart disease, stroke, cancer, and diabetes? Exercise can also help with symptoms of these chronic diseases.



Exercise and YOU!

Starting the journey to a healthier and happier you.



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What are the prescribed exercise recommendations?

Not everyone is able to fulfill these recommendations, but any progress is a positive change. Make small steps to meet these, and even work to exceed them!



It is recommended that you participate in at least 150 minutes of moderate intensity exercise per week; this equates to 2.5 hours.

- Try to do at least 30 minutes of exercise, 5-7 days per week.
- This totals to 150-300 minutes of exercise each week.
- You can also do higher intensity exercises for 75-150 minutes per week.
- Your exercise should include 3-5 days of aerobic exercise, with strength training and resistance exercises interspersed, 2-3 days per week.

How do we meet our goals?

Sometimes, the daily grind of appointments, work, and various commitments keeps us so busy, we often feel like we don't have time to even think about exercise, let alone incorporate it into our daily schedule!

Exercise, however, is something that will do nothing but benefit your overall well-being, and give you increased ability to keep up with your busy schedule.

Start off with a small and achievable goal, something easy. As you start to make progress, create a new goal that challenges you a bit more. Each step that you make toward your goal, no matter how small, is an achievement and should be celebrated!

Fun Ways to Incorporate Exercise

Start a neighborhood walking group.

Take an exercise class at the local YMCA or gym.

Include your friends in your journey to better health!

Go out and play with your children or grandchildren.

Different Types of Exercise

- Aerobic Exercises
- Resistance Exercise
- Strength Training
- Flexibility Exercises
- Balance Exercises

These exercises, in combination with each other, can help improve your strength, help prevent injury, increase your metabolism, improve sleep, and improve your cholesterol, glucose tolerance, etc.

Please consult a doctor before making any changes in your physical activity.

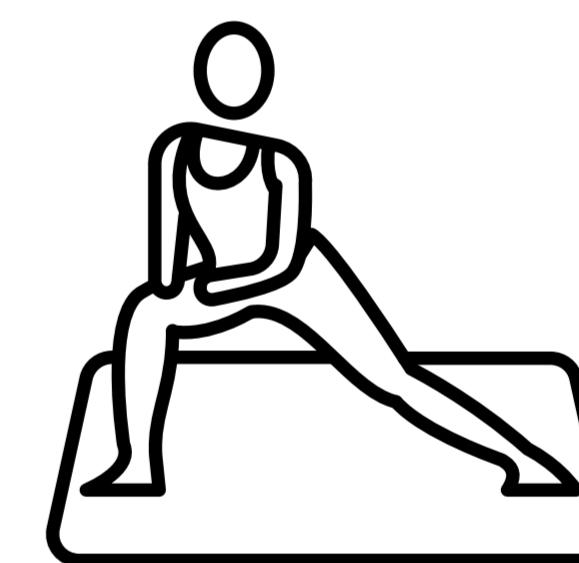
Why is exercise important?

There are a number of benefits that come from incorporating exercise into our lives.

Exercise is the action of purposefully pushing the body to perform specific tasks or movements with the goal of improving strength, flexibility, and function. By incorporating physical activity into our lives, we can achieve and maintain a stable, healthy weight, help reduce our risk for heart disease, stroke, diabetes, cancer, and other chronic diseases, and help alleviate symptoms of existing chronic disease.

Diseases improved through exercise

1. Diabetes
2. Heart Disease
3. Cancer, treatment & recovery
4. Obesity



Exercising during Pregnancy

Experts agree that these exercises are safest for pregnant women:

Walking - brisk walking gives a total body workout and is easy on the joints and muscles.

Swimming and water workouts - water workouts use many of the body's muscles. The water supports your weight so you avoid injury and muscle strain.

Stationary bicycling- because your growing belly can affect your balance and make you more prone to falls, riding a standard bicycle during pregnancy can be risky. Cycling on a stationary bike is a better choice.

Modified yoga or Pilates - yoga reduces stress, improves flexibility, and encourages stretching and breathing. There are prenatal yoga and Pilates classes designed for pregnant women. These classes often teach modified poses that accommodate a pregnant woman's shifting balance. You should avoid poses that require you to be still or lie on your back for long periods.

If you are an experienced runner, jogger, or racquet-sports player, you may be able to keep doing these activities during pregnancy. Discuss all of these activities with your ob-gyn.