Becker’s 10 Tips for a Healthier Life
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Exercise Tips: MOVE MORE & EAT LESS!!!!!!

1. How much exercise do you need? 2 ½ hours a week of moderate activity like fitness walking plus some muscle strengthening exercises.

2. A more intense workout burns more calories in less time. You can walk a 5 kilometer race in 40 minutes, jog it in 30 minutes or run it in 20 minutes. You burn about the same amount of calories. Walk at a “talking pace.”

3. A no-sweat workout is beneficial. Try walking for 15 minutes in the hallway or outdoors on your lunch break.

4. Remember that exercise strengthens the heart, helps manage weight, helps us cope with stress, and helps us live longer. People who exercise have a reduced chance of heart disease, high blood pressure, stroke, type 2 diabetes, colon and breast cancers, depression, falls, and even mental decline.

6. Get your beauty sleep. 7-8 hours.

7. Take the stairs. Instead of taking the elevator, try to take the stairs. Start by walking downstairs.

8. Take some vitamins. Also cut out the fast food–bring lunch

9. Cut down on junk food

10. Enjoy yourself & volunteer The FJMC can help you live longer!