



Exercise doesn't need to be hard. You can exercise each day by simply moving your body. Moving your body makes you stronger. It can improve your heart and lungs. It can also lower your risk of diseases.

Move your body just 30 minutes a day for better health. You could walk, jog, run, bike, cycle, dance, swim, hike, ski, play sports, lift weights, or do yoga, pilates, and zumba.

Moving your body can:

- 1. Keep you from getting sick.** Exercise builds up your immune system. When your immune system is strong, you can fight sickness better. Move your body to catch fewer colds during the year!
- 2. Prevent heart attacks.** Exercise lowers your blood pressure and helps raise good cholesterol (HDL cholesterol). Good cholesterol can lower your chance of a heart attack.
- 3. Ease asthma and breathe better.** Upper body exercises and breathing exercises can help you use your inhaler less if you have asthma.
- 4. Control blood sugar.** Walking each day can lower your risk of diabetes. It can help you have a healthy blood-sugar level and control your weight.
- 5. Protect against cancer.** Exercise helps lower your risk of breast, colon, lung, uterus (womb), and prostate cancer.
- 6. Lower stress.** Exercise can help lower stress. It can also help you have more positive thoughts.
- 7. Help hot flashes.** Exercise can help some menopause symptoms, like hot flashes and night sweats.
- 8. Keep you young and help you live longer.** Exercise makes you live longer. It can even help older adults grow new brain cells.

For questions about wellness, contact
(212) 432-8494 or wellness@chnnyc.org