



EXERCISE- Why do you need to do this?!

Did you know-

8 million Americans have adult-onset Diabetes?

Physical activity in combination with a healthful diet can help reduce body fat which will help prevent or control this type of diabetes.

13.5 million Americans suffer from heart disease?

Physical activity strengthens your heart muscle, helps lower blood pressure, and improves blood cholesterol. All of these changes will improve blood flow throughout your body, increasing the hearts ability to function correctly.

250,000 Americans suffer hip fractures each year?

Engaging in daily weight bearing exercise promotes bone formation and reduces the risk of Osteoporosis.

Between 1962 and the year 2000, the number of obese Americans (Body Mass Index >30.0) grew from 13% to 31% of the population?

Proper nutrition and staying physically active will help control weight and prevent obesity.

63% of Americans are considered overweight (Body Mass Index >25)?

This number equates to a third of the population. Remember Newton's first law of motion: "A body in motion stays in motion and a body at rest stays at rest." We need to keep our bodies in motion and encourage those around us to be physically active.

Depressive disorders affect approximately 18.8 million American adults (9.5% of the U.S. population) age 18 and older in a given year.

Exercise has been found to reduce depression, anxiety and manage stress when done at regular intervals. Physical activity can elevate moods and create a more positive body image.

According to the U.S. Surgeon General report obesity is responsible for 300,000 deaths every year.

This is why we do this. Our goal is not to win the race, take the podium or even have our picture on the front of the sports page. We do it to be healthier, less at risk of life threatening chronic diseases, more energetic, and lead happier, more fulfilling lives.

