
WORTHY WORKOUTS

Interested in beginning a fitness routine but don't know where to begin? Start with the basics! Learn how to make the most of your time and effort by moving in ways that feel best to you.

Take time to try different workout methods, find ways to make fitness fun and convenient so you can create healthy exercise habits that last a lifetime.

4 Elements of Fitness

Aerobic: Aerobic fitness improves overall health and well-being. It helps your heart, blood vessels, lungs, and muscles. Popular activities include walking, biking, jogging, swimming, and dancing.



Muscular: Strength training improves your muscle and bone health, and helps with weight loss. Do strength training with free weights, resistance bands, weight machines, household items, or your own body weight.



Flexibility: Flexibility allows you to move your body freely. Being flexible decreases your risk of injury. Stretching lengthens your muscles. To improve flexibility, consider chair-stretching exercises or yoga.



Stability: Your body's core strength helps stability and balance and you can improve these by doing exercises that focus on the center of your body. A strong core will help improve posture, low back pain, and prevent falls.



Benefits of Regular Exercise:

- Reduce your risk for chronic conditions
- Improved memory and brain function
- Increase energy and productivity
- Weight management
- Higher quality of sleep
- strengthen bones and muscles
- Improved quality of life
- Improve joint pain and stiffness
- Helps manage blood sugar and insulin levels
- Improves skin
- Reduce risk of falls