

## Physical Fitness/Wellness



Fitness is very important for good health. Besides feeling better mentally, exercising can help protect you from heart disease, stroke, obesity, diabetes, and high blood pressure; and it can make you look younger, increase and maintain bone density, improve the quality of your life, and may keep you from getting sick. Exercising also helps you control stress better, and can make you feel happier and less nervous.

Before you start an exercise routine, ask your doctor about what exercises to do. Then make a plan to spend less time in front of the television and/or computer, and begin exercising more. Your doctor may suggest that you begin by doing little things first, such as parking in the farthest corner of your parking lot at work, taking the stairs rather than the elevator, taking your dog for a walk, or riding a stationary bike. Little by little, adding daily exercise will help you begin to feel better.

Eating healthy foods is important for good health, too. Changing the kinds of food you eat means paying attention to *what* you eat and *how much* you eat. Depending on your location of employment, it may be nearly impossible to get healthy food from vending machines or in a cafeteria, so you will need to be smart and make a good food plan for yourself. It is important to eat a healthy breakfast; eat more fruits, vegetables, salads, whole-grain breads, and egg whites; and foods that are boiled or grilled – not fried. Ask your doctor or a dietician about starting a healthy, balanced diet.

Governor Rick Snyder is committed to creating a healthier Michigan. An excellent resource for information and strategies on how to get started towards a healthier you and family members is the Michigan Department of Health and Human Services website Healthy Michigan. The site introduces The Michigan Health and Wellness 4 x 4 Plan which lays out strategies for reducing obesity and improving health and wellness. To learn about 4 x 4 Tool and get started on a healthier you, visit [www.michigan.gov/healthymichigan](http://www.michigan.gov/healthymichigan).

Other Web sites worth checking out are:

- Working on Wellness (WOW) [http://www.michigan.gov/mdcs/0,1607,7-147-22854\\_24290---,00.html](http://www.michigan.gov/mdcs/0,1607,7-147-22854_24290---,00.html)
- The Governor's Council on Physical Fitness, Health and Sports ([www.michiganfitness.org](http://www.michiganfitness.org))
- Centers for Disease Control and Prevention. How much physical activity do you need? <http://www.cdc.gov/physicalactivity/everyone/guidelines/index.html>