



Fitness & Wellness Education Center

Tips for Your Health

Facts that can help keep you healthy



Exercise and Viruses

According to a recent study conducted at Appalachian State University in Boone North Carolina by the exercise physiologist, David Nieman, exercising can be your best protection against viruses.

In the research study, Nieman stated, "eight out of ten people have less sickness when they regularly work out then when they do not get physical activity."



Stretch and Flex

Here's another reason not to skip those stretching exercises at the end of a workout or exercise class: Flexibility exercise has been shown to reduce one's susceptibility to exercise-induced muscle damage and delayed-onset muscle soreness (DOMS).

Take the Stairs

Forget the all-or-nothing principle. Even just a few minutes of daily exercise such as stair climbing can improve cardiovascular health.



Set a Good Example

Physically active parents are more likely to have physically active children. Parents who spend time with their children playing in the park, walking in the neighborhood, swimming at the local pool and riding bikes are teaching their kids that exercise is an important part of life.

How Long Should You Exercise?

Twenty or more minutes of exercise per day is sufficient for general health maintenance. If weight loss is your goal, however, gradually work up to 45 minutes or longer at low-to-moderate intensities.



Park and Walk

Whenever you have an errand, park your car as far away as you can handle and walk to the store. Use every opportunity to walk. At the end of the day, it all adds up to better fitness.

Tune it Out

Do you find yourself socializing more than exercising while at the gym? Try to eliminate or reduce social chit-chat, even if you know everyone in the gym. Keep moving while they talk, or wear those big earphones and a walkman. They'll get the hint.

Cool Off

A cool-down should always be part of your normal routine to help your body recover from the stress placed upon it during exercise. Cool-down helps to decrease the risk of blood-pooling in the veins, which can lead to dizziness and fainting. A typical cool-down is accomplished by performing low-intensity aerobic exercise at a slow rate.

Working Out at Home

If you work out at home, your equipment should be kept in a place where you're most likely to use it. Whether it's in your bedroom or near your stereo, TV or a window overlooking a scenic view.

Stress Control

Exercise is a very effective way of coping with stress. Exercise will help to calm you, and if you are fit, your body will be better able to cope with stress.

Physical Activity and Appetite

Physical activity at a moderate rate does not increase the appetite. In some situations, the appetite will actually decrease. Research indicates the decrease in appetite after physical activity is greater in individuals who are obese than in individuals who are at their desirable body weight.

Exercise Lifts Spirits of Frail Elderly Adults

Exercise, whether in the form of strength training, stretching or walking, can provide a much-needed emotional boost to frail elderly men and women. Researchers discovered that participants experienced a marked improvement in emotional health overall and, specifically, in how they felt about themselves.