

Getting Started With Exercise



Your exercise habits and routine may change throughout your life.

As you age, as your lifestyle changes, or as your exercise preferences shift. It's more of a journey. If you haven't started on your journey quite yet, don't let that stop you. Exercise is beneficial for everyone. Regular exercise can result in a wide range of health benefits, including increased insulin sensitivity, a better mood, more energy and a stronger immune system.

Tips for getting started with your exercise routine

- ▶ **Try different things.** Figure out what type of exercises you enjoy. You can start out by just going for a walk most days of the week.
- ▶ **Make it a habit.** Figure out how you will keep it consistent. Determine which days of the week you will exercise and what time works best for you. Even 15 minutes per day is a great place to start.
- ▶ **Get support.** Support can mean different things to different people. It might mean you go to an exercise class because the instructor or other attendees motivate you. It might mean you ask someone to watch your kids while you get your workout in. Whatever support means to you, make sure you have it.
- ▶ **Routinely add movement into your day.** Exercise does not always need to be a full gym workout. It can be doing yardwork for 45 minutes. Just aim to move your body intentionally every day.
- ▶ **Go easy on yourself.** Do this for you.

Living  Well

"This information does not provide medical advice, diagnosis or treatment. It should not be used as a substitute for health care from a licensed healthcare professional. Consult with your healthcare provider for individualized treatment or before beginning any new program."

Healthy Bites

Tips to Increase Movement

Did you know?

Prolonged sitting may lead to increased weight, decreased muscle strength, weaker bones, or increased inflammation.

Tips on how to sit less and move more:

- Set an alarm on your phone for every hour during your workday. When the alarm goes off, stand up. Take a few minutes to stretch or walk to the sink and refill your water. Doing this may also give you a boost of energy.
- Turn inactive situations into opportunities for movement. Do a few squats or stretch while you are waiting for your food to reheat in the microwave or stand instead of sitting in a waiting room chair.
- Stand more. Stand while you fold laundry. If you have limited mobility, you can still participate in and benefit from incorporating movements throughout your day. Some movement is better than none.

Source: Medlineplus.gov. Health Risks of An Inactive Lifestyle.
<https://medlineplus.gov/healthrisksofaninactivelifestyle.html>.
Accessed 12/06/2024.

Unstuffed Cabbage Rolls

Servings: 4

Ingredients:

- 1 tablespoon oil
- 1-pound lean ground beef, turkey, or chicken
- 1 large onion, diced
- 3 cloves garlic, minced (about 1 tablespoon)
- ½ medium head cabbage, shredded
- 1 cup whole-grain rice (e.g. brown rice), uncooked
- 2 (14.5-ounce) cans no-salt-added diced tomatoes
- 2 (8-ounce) cans no-salt-added tomato sauce
- ½ cup water
- ½ teaspoon ground black pepper

Directions:

1. Heat a large skillet over medium heat.
2. Add the oil and heat until shimmering.
3. Add the ground meat, onion, and garlic.
4. Continue cooking, stirring frequently, until the onion is tender, and the ground meat is fully cooked, about 5-7 minutes.
5. Add the cabbage, rice, diced tomatoes with their liquid, tomato sauce, water, and pepper.
6. Cover and simmer until the rice and cabbage are tender, about 20-30 minutes.
7. Serve warm.

Source: Nutrition.va.gov. Recipes.

<https://www.nutrition.va.gov/docs/Recipes/MainDishes/Unstuffed-Cabbage-Rolls.pdf#>.

Accessed 12/06/2024.

