Take Care of Yourself

LET'S MOVE IT!

Texas Agricultural Extension Service, The Texas A&M University System, Daniel C. Pfannstiel, Director, College Station, Texas
YOUR BODY MOVES BECAUSE IT HAS MUSCLES . . . MORE THAN 600 MUSCLES!

Muscles need energy, and that energy must come from the food you eat.

Some muscles move arms and legs. The heart muscles pump blood. Other muscles help us to breathe and digest food.

All muscles grow firm and strong when they are used regularly.

When muscles are not used, they become weak and flabby.

If you are like many people—children and adults—you do not get enough physical activity.
“T. V. Tess” watches programs almost all day—whether she enjoys them or not.

“Four-Wheel Floyd” will not go anywhere if he has to walk. He even uses the car for a two-block trip to the grocery store.

“Lazy Lou” never gets going. It is not that she cannot do the work. She spends most of her time deciding where to start.

All of these people admit that they need more physical activity, but they never make up their minds to do it!
MAYBE THEY DO NOT KNOW THAT HEALTHFUL EXERCISE:

- Makes the heart and lungs work better
- May help prevent heart attacks
- Helps control body weight
- Will make you look trimmer and have more pep
- Improves bowel regularity
- Helps children grow properly

PEOPLE WHO GET REGULAR EXERCISE FIND THAT THEY:

- Sleep better
- Do not get tired as easily as they used to
- Can relax and get their minds off problems
- Have energy to do things they want to do
EXERCISE TIPS

1. Choose physical activities that you enjoy.

2. Walking, bicycling and gardening are good exercise for most people.

3. Schedule some exercise each day, even if it is for only 15 minutes.

4. Start your exercise slowly and gradually increase it.

5. New exercise may cause muscle soreness at first. If the soreness lasts, or you get too tired, do less of the activity.

6. People over age 30 should not do strenuous exercise (jogging, push-ups, etc.) until they check with their doctor.

7. If you have a special health problem (high blood pressure, diabetes, bad back, etc.), ask your doctor how you should exercise.

8. Try to exercise with a friend, neighbor or member of your family.

9. Do not be impatient. If your muscles have not been used, it will take time to get them back in shape.
This information was adapted by Carla Shearer, Extension health education specialist, The Texas A&M University System, from materials prepared by the Illinois Cooperative Extension Service. The author appreciates the assistance of Zelda Williams, Lynne Thibodeaux and Elaine Ward, Extension program specialists—family resource development program, Prairie View A&M University, The Texas A&M University System, in the preparation of this publication.

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