



Exercise Tips for Women Over 40

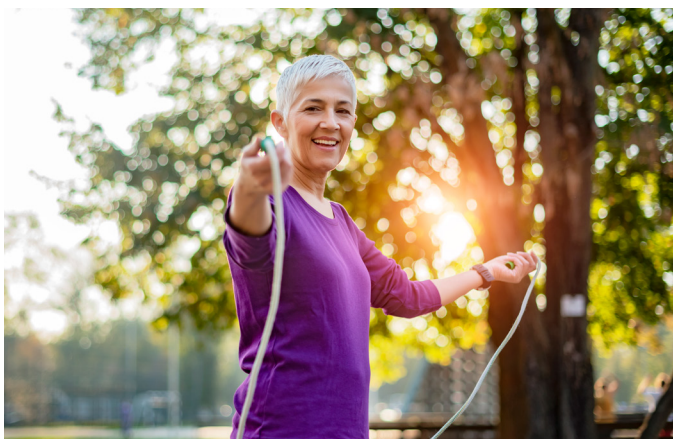
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Regular exercise is an important part of maintaining a healthy life and overall wellness. It can reduce your risk of many diseases and can make you feel more energized, happy and boost your self-esteem.

No matter your age or physical ability, you can benefit from exercise. The key is to start slowly and do things you enjoy. Walking, biking, yard work, swimming and group fitness are all great activities that promote wellness.



Here are some helpful exercise tips for women over 40:



Choose exercises that help build and maintain bone density and mass.

High-impact or weight-bearing exercises like dancing, jogging, tennis or jumping rope are great ways to strengthen bones. However, if you have osteoporosis or a low bone mass, opt for lower impact exercises to prevent injury. Low-impact exercises include walking, elliptical workouts or aerobics.

Take precautions to avoid injuries.

If you haven't been active recently or have chronic conditions, it may be helpful to talk with your doctor about how to ease back into exercise without injuring yourself. Plan to start slowly and gradually increase the frequency and intensity of your workouts. During your workout, make sure to take five to 10 minutes to warm up and cool down to help avoid injury.

Listen to your body.

If you're feeling tired, fatigued or sick and can't get through your workout, give yourself a break. Consider stopping a workout early and finishing at another time. If you feel faint or are having severe aches, consider reducing the intensity of your workout and discuss your reaction with your doctor.

Workout to fight off depression.

Any form of exercise can help combat depression and anxiety. Yoga especially has been found to reduce stress and help regulate your mood.



Make exercise social.

A great way to motivate yourself to get up and move is to find a friend, family member or neighbor who will join you. Do something as simple as taking a walk around your neighborhood. Change up your route periodically so you don't get bored.

Get your steps in.

Another great motivator to stay active is to monitor your steps. There are tons of devices you can use to track your activity in a day. You should aim to get at least 10,000 steps a day to prevent weight gain.

Staying active is important for women. Keeping a routine, no matter what age you are, will help your body stay strong and protect your health.



Your primary care provider plays an essential role in keeping you healthy. It's important that you continue to see your primary care provider for your annual wellness visit (ages 65+) or physical exam (under 65 years of age) to establish your personal health baselines and goals. Don't have a PCP? **Request an appointment online or call 623-580-5800.**