

Healthcare is our practice, quality CARE is our passion

Monday, 15 August 2011

The Top 5 Reasons to Exercise

You know that exercise is important and has several health benefits. However, there are hidden benefits of exercise that you may not be aware of. Here are the top 5 reasons to exercise:



Reason #1: To Reduce Pain

Individualized, regular exercise (the kind prescribed by your physical therapist) is a great way to reduce pain. For example, strengthening your core can decrease persistent low back pain and protect against future injury. It's amazing how many people who seem resigned to a life of chronic pain start to find relief after starting an exercise program provided by one of our experienced physical therapists. If you are not sure where to begin, we will be happy to assist you in the creation of a safe, effective exercise plan.

Reason #2: To Increase Muscle Tissue

Increased strength allows you to complete your day to day tasks with ease. Imagine if simple things like walking, going up the stairs, picking up groceries, or playing with your children became easier and more enjoyable. What would that do for you?

A well-designed, progressive exercise plan helps tone your muscles.

Reason #3: To Drop Pounds of Fat

The best benefit of exercise is fat loss. It is no secret that a combination of exercise and a balanced meal plan is the best known way to lose fat. Here's what fat loss can do for you:

- Your clothes fit better
- People around you begin to compliment you on your new appearance
- When you look in the mirror, you look several years younger
- Your energy levels soar
- You feel great!

Reason #4: To Control Blood Sugar

Regular exercise helps stabilize blood sugar levels. If you or someone you know has type 2 diabetes (or is at risk for type 2 diabetes) exercise will help your body to better utilize sugar since exercise positively impacts insulin sensitivity. A combination of weight loss and improved blood glucose control has several health benefits. You should consult your doctor before you begin any exercise with the intention to control your blood sugar.

Reason #5: To Lower Blood Pressure and Cholesterol Levels



Exercise helps your heart in 2 ways:

1. Weak heart muscles pump a relatively small amount of blood with each beat. Essentially, your heart is putting in a lot of effort with every beat. By exercising, you strengthen your heart muscles so they pump more blood with less effort; this decreases the pressure on your arteries.
2. Exercise increases HDL (the "good" cholesterol) levels in some people. This decreases your risk for heart disease. Other heart disease risk factors such as weight, diabetes, and high blood pressure also improve with regular exercise. You may want to speak with your doctor about your salt intake as well.

Exercise Boosts Your Energy Levels



The quickest, easiest way to guarantee that you'll meet your health goals is to work with one of our highly qualified therapists. You will be provided with an exercise plan that best suits your needs and preferences. You will receive personal attention and will be shown techniques and strategies that will help you return to doing things with greater ease.

Call or email our office today to get started on a program that will give your health a "jump start" in the right direction.

Your Primary Motivation



Your primary motivation to exercise is unique to you. Perhaps your goal is to be able to play with your kids again, decrease the risk of falls, be able to lift things without difficulty, sit through a movie with your family / friends without pain, or return to playing sports.

Identify your primary motivation, write it on a sticky note and place it on your refrigerator. Use pictures of family or any other image that creates a positive association with your health goals. Share your goals with family and friends, which makes you accountable to them. Being reminded constantly of your primary motivation will help you achieve your goals faster.

Pick up the phone and schedule an appointment with us today if you are looking for expert supervision and accountability. Give us a chance to help you get started with exercise.



Gita Mikal
Physiotherapy at Don Mills

[Email Us](#)
[Our Website](#)

What our patients say about us

When I first started going to you in March or April of this year, I figured you would be just the same as all the rest I have been to in the last 10 years since I hurt my back, and I would quit after a few months feeling let down, yet again. When you started talking about strengthening your inner core, I thought you were crazy. The best I could do on the bike or treadmill was 5 minutes, in pain for most of that. Now I can do 20 minutes at double the speed, and I do 15 minutes on the bike everyday faster than when I started. My endurance is at least 3 times better than it was, and the pain doesn't kick in till later in whatever event I am doing. Although this is not a miracle, it is a definite improvement in my daily life, thank you. Evelyn Harris

New classes start September 13, 2011. Bring a friend for free

New classes start the week of September 13, 2011. Bring a friend for one free session. Call our office to learn more

Forward To A Friend

Know someone who might be interested in the email? Why not [forward this email](#) to them.

[Visit our blog](#)

[Follow us on Twitter](#)

[Like us on facebook](#)