



Wellness Buddy Wednesday Tip

Spring into Fitness

You can achieve fitness through practice or training. Fitness is composed of a myriad of conditioning components; hundreds of small changes that individual cells make so that the body can perform work.

Routine daily activities can help condition the body. Small choices you make each day can either add to your fitness or diminish it. For example, your choice to take the stairs gains you more fitness than riding the elevator. Another fitness promoting strategy is parking a distance from your destination and walking the rest of the way.



Remember, everyday your body works. The stronger and more fit you are, the less strain required by your body to do that work. If your body is weak, you can't trade it in as if it were a run-down vehicle. Luckily, we can channel our activity positively and gain strength.

Progress slowly. Don't try to do too much too soon. To increase the frequency, intensity, or duration of your workout, exercise to a point that is only *slightly* beyond what is comfortable. Disregard "No pain, no gain." Pain won't help you achieve fitness, effort will. Don't start with activities so demanding that pain stops you within two days. Enjoy the small steps, fitness builds slowly.

"Those who think they have no time for bodily exercise will sooner or later have to find time for illness." Edward Stanley, Earl of Derby (1799-1869), English Statesman

Healthy Communities, Healthy People
Jackson Co Health Department
P O Box 310
3045 4th Street
Marianna, FL 32447

Phone: 850.526.2412 ext 282
Fax: 850.428.9564
Email: WellnessBuddy@doh.state.fl.us



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