



Wellness Buddy Wednesday Tip

Steps to “Fine Tune Your Engine”

The President’s Council on Physical Fitness and Sports defines *fitness* as “The ability to perform daily tasks vigorously and alertly, with energy left for enjoying leisure-time activities and meeting emergency demands. It is the ability to endure, to bear up, to withstand stress, to carry on in circumstances where an unfit person could not continue, and is a major basis for good and well-being.”

Make exercise a habit

- Stick to a regular time every day
- Put “exercise appointments” on your calendar
- Keep a daily log or dairy of your activities
- Check your progress. Can you walk a certain distance faster now than when you began?

Develop “*Stick-with-it-Ness*”

- Choose something you like to do
- Get a partner
- Vary your routine
- Choose a comfortable time of day
- Don’t get discouraged
- Forget “no pain, no gain”
- Make exercise fun

A great website that offers exercise demonstrations can be found at sparkpeople.com/resource/exercise_demos.asp?exercise_type=stretch. Just copy and paste this URL into your browser. These stretches could be done in your work area during your breaks or lunch hour to improve your flexibility and reduce stress.