



# Healthy Solutions

Health and wellness information to help you live your best life.

## Your partner for good health

The health center offers convenient hours and a variety of health and wellness services to serve you.

## Don't let the flu bug you

Get ready for flu season by visiting the health center for a seasonal flu shot. Immunization is the best way to protect against the flu.

Call today and schedule your appointment.

**T 765.747.3888**

## Upcoming series: Preventive health and wellness

Learn how taking simple preventive health steps can improve wellness and keep you feeling your best.

## Exercise: make it a lifelong habit

If you've been exercising regularly since last month's challenge, how do you feel? Can you tell a difference in your energy level or mood? Do you sleep better? The benefits of regular exercise are well documented. As this series on exercise and physical activity concludes, remember:

- Regular exercise reduces the risk of heart disease, high blood pressure, high cholesterol and obesity.
- Just 30 minutes of exercise each day can improve heart health.
- Aim for at least 150 minutes of moderate exercise each week.
- Treat exercise like any other appointment; note it in your calendar and follow through.



### It all counts

Remember that stair climbing, leisure walking, housework, yard work and dancing are all great ways to add more low-to-moderate exercise into your day. Look for opportunities to get moving even while doing daily tasks.

## Easy exercises you can do at home

You don't need a gym membership to get fit. Give these exercises a try at home.

- Do five to 10 minutes of jumping jacks.
- Try a set or two of push-ups, sit-ups, planks or squats while watching TV or listening to your favorite music.
- Walk or jog in place. Alternate walking or jogging with high knee lifts, toe touches or stretching exercises.



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Indiana University Health