

## How Welborne will *Get Moving*

Join us on Wednesdays at 6 pm for Welborne Walkers! Meet us in the breezeway parking lot. We will walk together in the neighborhood before KindleLight to get us ready for...



- Date: April 30, 2016
- Location: 1311 Palmyra Avenue
- Walk or run to participate
- Race options: 1 mile, 5k, and 15k
- Kids Races are available
- Register online at [www.crossoverministry.org](http://www.crossoverministry.org)

**Get moving** 

Fitting fitness into your day

You have probably heard about some of the benefits of exercise...

1. Helps control weight
2. Strengthens your bones and muscles
3. Improves your mood
4. Gives you more energy
5. Helps prevent chronic diseases
6. Promotes better sleep
7. Helps prevent falls and maintain your activities of daily living  
...just to name a few.

*So how can we make exercise a part of our daily lives?*

## For Starters

- Start small. For now, try increasing your exercise 10 minutes per day.
- Get a buddy. Grab a neighbor, your co-worker at lunch, or a make it a family affair so you have someone to hold you accountable.
- Be patient. You may not see effects the first few weeks, but keep going.
- Have fun. Not all exercise has to be in the gym; dance around the house, garden, walk, play with the kids...anything that makes you move.
- Celebrate your success! Any amount of exercise is better than none. Get moving and keep moving.

## Preventing Injury

- Wear well-fitting shoes and other activity appropriate equipment.
- Stay hydrated.
- Listen to your body. Rest if you have pain.
- Slowly increase your time and intensity.
- Warm-up and stretch before you get started.
- Cross train. Add variety to work all muscle groups and increase flexibility to prevent injury.
- Be consistent. Work-out throughout the week, not just intensely on the weekends. 'Weekend warriors' often get injuries.

