



It's Never Too Late to Turn Back the Clock

Exercise is a crucial component of re-gaining your energy.

Choose a satisfying fitness program that will include all three aspects of fitness: aerobic, strength and flexibility.

Age Is Not the Issue

Want to feel better, look better, and experience a longer, more active and more fulfilled life? Want to have more energy throughout the day and improve the quality of your life?

By working regular, moderate exercise into your daily routine, you can have all of that and more. And, your *FirstLine Therapy*® (*FLT*) healthcare provider or lifestyle educator can create a program that's just right for you. This program incorporates an optimal food plan, supplements, exercise, and stress relief.

Use It or Lose It

Exercise is a crucial component of re-gaining your energy. Recent research has shown that physical deterioration and lack of function associated with aging is largely due to an inactive lifestyle. We've all heard, "Use it or lose it," and while many of us are "losing" physical function because we don't exercise, we are also increasing our chances of degenerative diseases, such as heart disease, hypertension, stroke, diabetes, obesity, and arthritis.

Regular exercise not only gives you a better body shape, but it:

- ▶ Increases your body's metabolic rate—you burn more calories even after you have stopped exercising
- ▶ Increases your body's percent of lean muscle versus percent of body fat
- ▶ Improves your insulin sensitivity
- ▶ Lowers your cholesterol levels
- ▶ Lowers your risk of chronic disease
- ▶ Increases your energy and vitality
- ▶ Improves your quality of sleep
- ▶ Reduces stress and tension
- ▶ Elevates your mood
- ▶ Increases your mental performance

Start at Your Own Pace and Have Fun

Go for a walk in nature or join the local gym. Choose a satisfying activity—like yoga—that'll include all three aspects of fitness: aerobic, strength, and flexibility.

Whatever type of fitness program you and your *FLT* healthcare provider create, incorporate what you enjoy. Have fun in the sun or hike the hills—dive into a deep pool or jog with your dog!

Speak with your healthcare provider today to start the journey, so you can feel the benefits of being fit—and live a long, healthy life!