aetna℠

Quality health plans & benefits
Healthier living
Financial well-being
Intelligent solutions

Get motivated to get moving

Everyone can exercise

And everyone, including you, can get big health benefits, too — like a healthy heart and weight. The hardest part is starting a program, and sticking with it.

Tips to get moving

- **Talk to your doctor**. He or she can help you figure out your fitness level, and what activities are best for you.
- **Start slow**. Easing into exercise will make it less scary. It can help you avoid injury, too.
- **Set goals**. Try to lower your cholesterol. Or work off those last 10 pounds for your reunion.
- **Have fun**. Mix up your workouts, or pick activities you enjoy. It'll help you stick with it.
- **Plan time every day**. If you're tempted to skip a workout, remind yourself why you deserve it.

The normal heart beats about 100,000 times a day. A well-exercised one — just half of that!

Mix up your workouts

There are a few different types of exercise. For the best health results, try to include these three in your workouts:

- **Aerobic exercise**. Here, you work your heart and lungs, which then work to give your muscles oxygen. You can walk, bike, garden or play tennis to get this type of benefit.
- **Resistance exercise**. This is when you put more than the usual strain on your muscles to build them stronger. You can use dumbbells or weight machines. Or even your own body weight (chin-ups, push-ups, sit-ups).
- **Flexibility exercise**. When you stretch, it helps you stand taller and make your muscles longer. It also helps your joints stay flexible, which helps as you get older. So give a good stretch before and after you work out.

Find more ways to get moving. Visit the Aetna InteliHealth® website at **www.intelihealth.com**.

Source: Aetna InteliHealth. Available at www.intelihealth.com. Accessed January 18, 2011.

Aetna is the brand name used for products and services provided by one or more of the Aetna group of subsidiary companies, including Aetna Life Insurance Company and its affiliates (Aetna).

This message is for informational purposes only, is not medical advice and is not intended to be a substitute for proper medical care provided by a physician. Information is believed to be accurate as of the production date; however, it is subject to change. For more information about Aetna plans, refer to **www.aetna.com**.

©2012 Aetna Inc.

20.03.323.1 D (10/12)