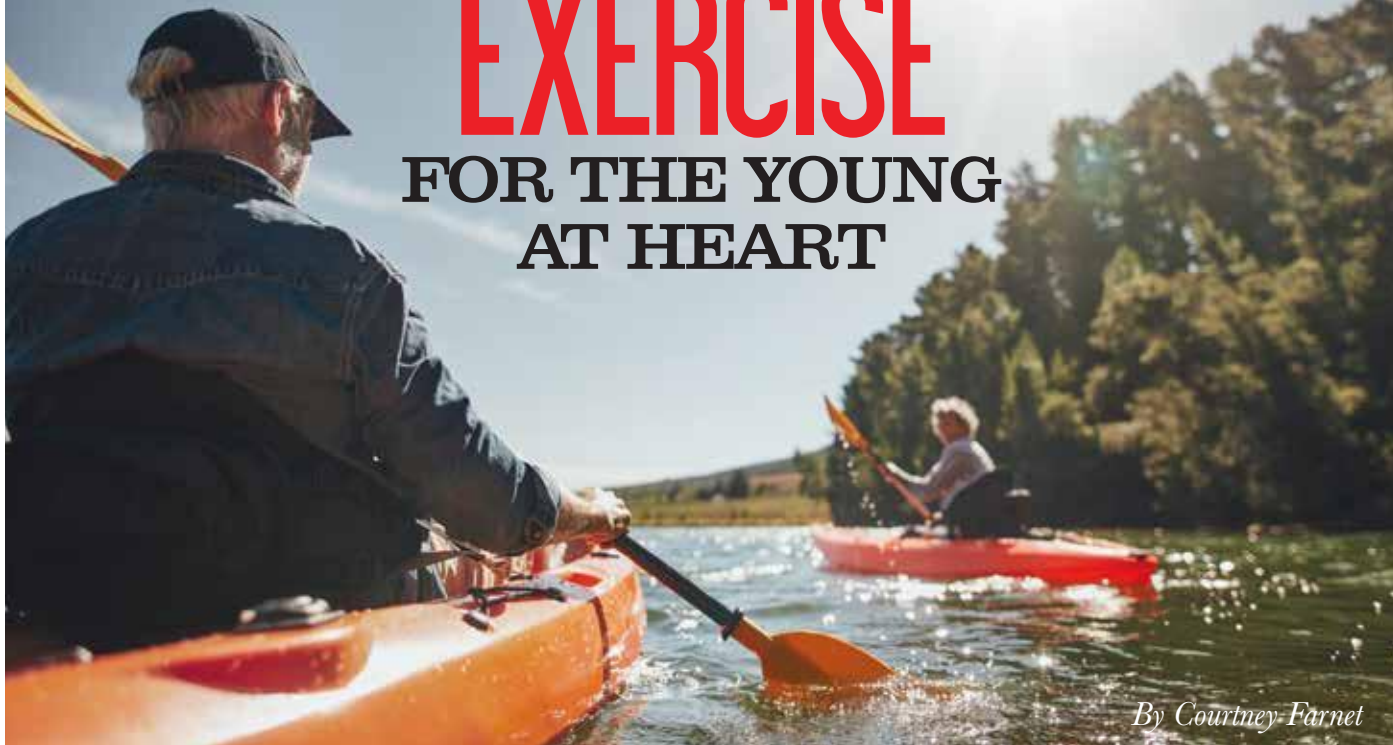


# EXERCISE

## FOR THE YOUNG AT HEART



*By Courtney Farnet*

According to the Centers for Disease Control and Prevention, 31 million adults age 50 and older are inactive. Physical inactivity contributes to the development of chronic diseases including heart disease, lung disease, stroke, diabetes mellitus, Alzheimer's disease, hypertension and cancer.

Regular exercise can help delay, prevent or manage chronic disease and is associated with longer life. It results in improved cognition, quality of life and overall physical functioning.

The World Health Organization's physical activity guidelines suggest older adults participate in at least 150 minutes of moderate-intensity aerobic exercise or 75 minutes of vigorous-intensity aerobic exercise per week or an equivalent combination. Activity should be performed in bouts of at least 10 minutes.

The following forms of aerobic exercise are low impact, safe and effective options for older adults to boost stamina, stimulate bone growth, improve bone density and manage body weight.

### WHAT ARE ENDORPHINS AND HOW DO THEY IMPACT YOUR HEALTH?

Endorphins are tiny neurochemicals produced by the central nervous system and pituitary gland in response to exercise, eating, drinking and sex. Endorphins are feel-good chemicals associated with the brain's internal reward system. They naturally reduce pain and enhance pleasure, yielding a feeling of euphoria. Endorphin release is associated with positive self-image, increased energy levels and feelings of control and fulfillment. Endorphins enhance well-being by alleviating depression, reducing stress and anxiety, boosting self-esteem, improving sleep and regulating body weight.

The term endorphin comes from the combination of endogenous (from within) and morphine (an opiate-like drug). Their effects are similar to those of anti-anxiety drugs and opiate painkillers without the negative side effects.

Exercise regularly to increase endorphin release and improve overall quality of life.

**Swimming**  
**Water Aerobics**  
**Indoor Cycling**

**Walking**  
**The Elliptical**  
**Indoor Rowing**

