

LIFESTYLE LESSONS

Personal risk management tips provided by: **Marshall & Sterling Inc.**

Did You Know?

If you burn at least 150 extra calories each day, you can significantly reduce your risk of heart disease, high blood pressure, diabetes, colon cancer, anxiety and depression. That extra calorie burn really impacts your body and dramatically improves your health.

EAT RIGHT AND WORK UP A SWEAT!

Exercise Tips:

- Beneficial exercise routines incorporate cardiovascular activities with strength training and stretching.
- Engage in aerobic exercise for at least 20 minutes, three to five times per week.
- Keep a pace that makes you breathe quickly while also still being able to talk comfortably.
- Do at least two strength training exercises for each major muscle group two or three days per week.
- Stretch each major muscle group for 20 to 60 seconds before and after your workout.

Healthy Eating Tips:

- Eating a well-balanced, low-fat diet is key in maintaining a healthy body.
- Avoid high fat foods that contain large amounts of calories. Instead, opt for foods rich in protein, vitamins and nutrients.
- Monitor your caloric intake. Your ideal daily calorie needs will depend greatly on your age, body size, gender and activity level.
- Visit www.choosemyplate.gov to learn more about healthy eating habits that will keep you trim and well.

Healthy Hints

In addition to maintaining a trim waistline and keeping your body healthy, exercise can also improve your mood, your sleep and your sex life.

Exercise stimulates chemicals in the brain, which can make you feel happier and more at ease than before you started sweating. Plus, exercising regularly will help you fall asleep faster and deepen your sleep throughout the night.

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