

# Raise Your Hand to Move More

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I give lectures about health and fitness in the community and have found the following to be true. If I ask a room full of people how many participate in a regular exercise program, consistently very few people raise their hands.

People have plenty of reasons for not exercising: it's boring, no time, hate to sweat, don't know what to do, or tried it once and couldn't get out of bed for days.

I don't think anyone really wants diabetes, heart disease, joint disease, depression, sleepless nights and obesity. Yet somehow, we seem to think that growing older just comes with those things. We feel that we are powerless to change the future.

Perhaps we should think of our health and future mobility differently. What if we became educated with regard to our health and fitness benefits and became inspired and empowered to change it? What magic pill could we take to make this change? The pill is simply movement. It can begin as easy as starting to take more steps in your day. You can learn more about the benefits of exercise and how to get started through many research and support foundations for specific health conditions. The National Osteoporosis Foundation, American Heart Association, American Diabetes Association, and the National Institute of Health are just a few resources that have free information available to help you begin making changes today.

At my next lecture when I ask how many participate in a regular exercise program, I'd like to see more people raise their hands. Wouldn't you like to be able to raise your hand?

Please consult with your physician before beginning an exercise program.