

# Exercise

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## The Other Half of Healthy Living

Why don't many of us exercise enough? Is it that we don't have the time or the money? Is it because we don't know the best way? Or have we simply not got the drive? I suspect in many cases it's the final point, but let's get the others out the way first.

## Finding the Time

How much exercise do we need every week? Many people genuinely do not know, and of course different studies suggest different amounts, and there are some self-proclaimed dieticians who refute the need for exercise altogether, but we'd be far wiser to put our health in the hands of years of medical research than the odd unqualified person trying to sell an easy way.

It's simple; if you take in more than you put out, you'll gain weight. Now this series isn't about getting everyone on a heavy exercise related weight-loss regime. It's about making those small but significant changes that stick with you forever. What does the average person need to do to stay healthy?

The [NHS](#), once more, is a great place to turn for free, accessible, medical information. The best thing is that there isn't just one standard model; there's information for all age groups and different schedules to fit in with your lifestyle. Take a look and see what would suit you best. If you think you don't have time, think again; the NHS are recommending anywhere between an hour and a half and three hours per week. I'm sure we could all find that sort of time.

## Exercise Costs too Much

Firstly, let's consider the cost of transport; can you walk the distance? Can you walk to the next bus stop or the one after? Is there a park nearby you can walk around with friends and family? Can you walk to the shops instead of driving? Walking at a decent pace can count as

part of your moderate-intensity aerobic activity for the week.

Pensioners may have the very decent reply that often their transport is free. Well thanks to new initiatives, if you're in Wales and Portsmouth (and other constituencies are looking at developing this scheme), then pensioners and children can use many swimming pools for free. Swimming is a great activity that exercises every part of the body relatively gently.

Most tennis courts around the country are free for public use, and tennis equipment can be ever so cheap. It's a great way to spend time with friends or children in the summer, and provides a valuable workout. Not into sports? Try dancing; it can be a very heavy workout or as chilled as you want it to be. If you enjoy going out at night, then there's no reason not to dance. If that's not your scene, there are so many styles of dance to suit all people that will limber up the body as well as work it out. Look for local dance classes near you, or explore the countless videos on YouTube for some inspiration.

What if you can't get around as much? Start slow; there is no need to take on too much at once and you can build up to more intense activity.

## Willpower

You're not born with it. You learn it. You adopt it in order to achieve something. Your body needs to be looked after, and now you have the information. It's not expensive to stay fit, and it's not hard to find the time or to find an activity. Exercise is also great because it makes you feel great; more energised and generally happier. If you're eating healthier already, then this is the next step. Put all that good work to use.