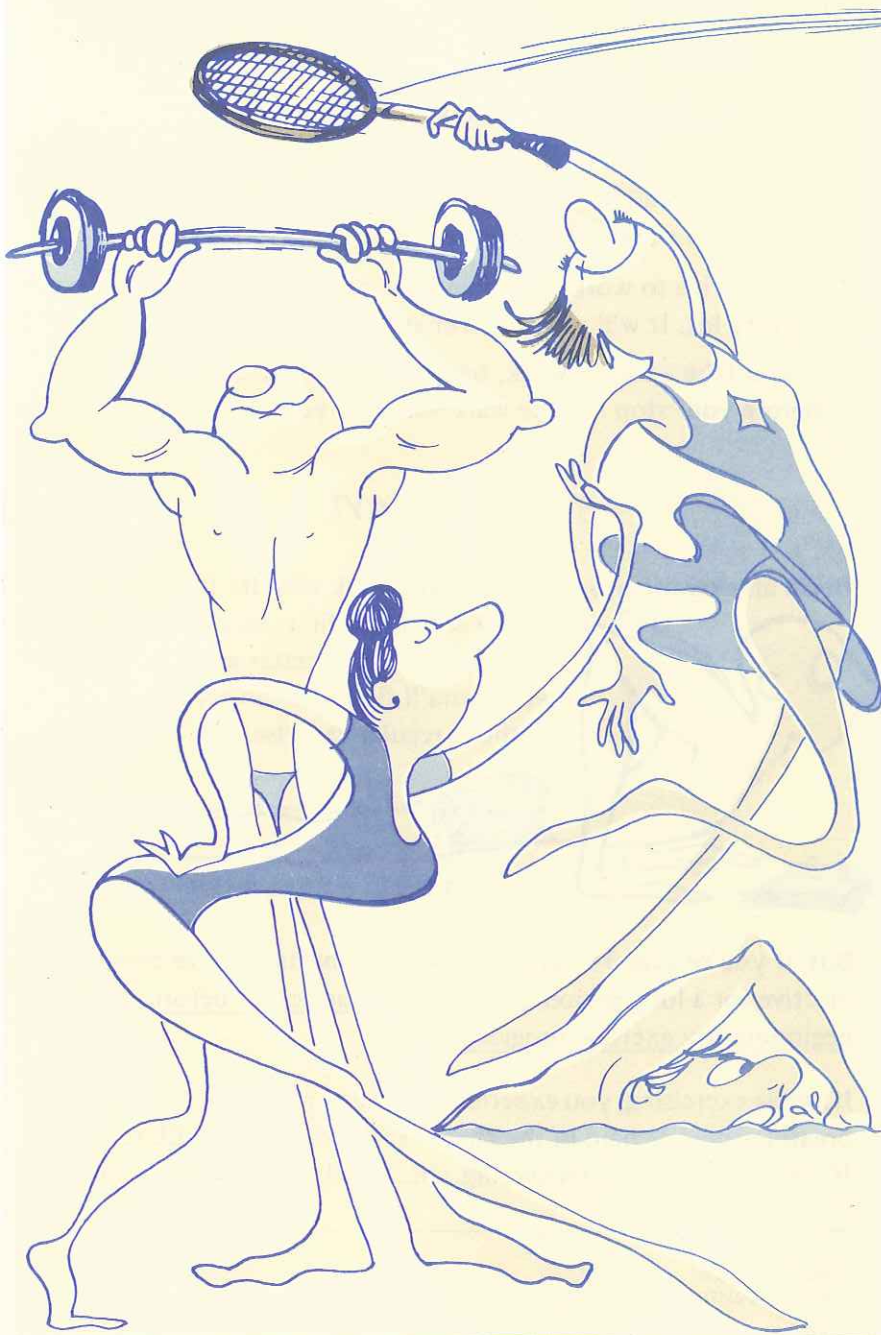


Exercise

READY... SET... GO!



HOW IMPORTANT IS EXERCISE?

Exercising regularly may be the single most important thing you can do for yourself . . . if you want to live better, and maybe even longer. Your body was built for activity. It thrives on exercise!

WHY SHOULD I EXERCISE?

There are lots of good reasons for exercising. YOU know how you FEEL. EVERYONE knows how you LOOK. Regular exercise can make you LOOK and FEEL better! And:

- It's fun!
- It can be done anytime, anywhere!

WHAT ARE THE BENEFITS?

- Regular exercise improves your heart, lungs and other parts of your body.
- Regular exercise helps relieve emotional and nervous tension.
- Regular exercise plays an important role in weight control.

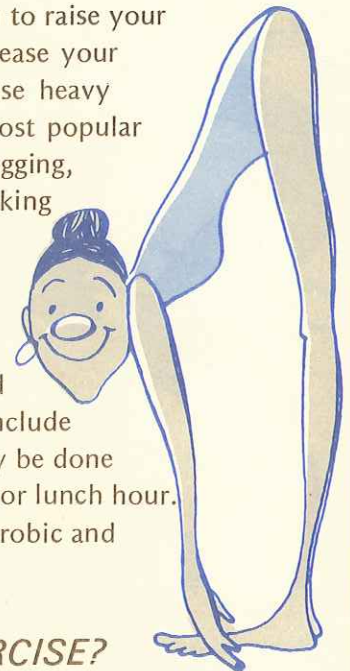
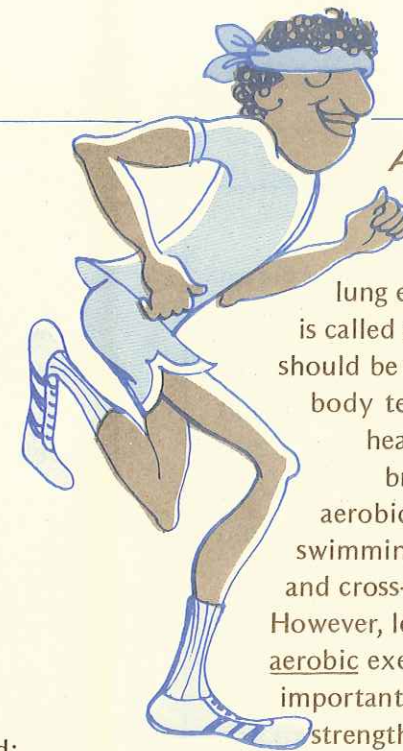
A brisk 30-minute walk will burn up 150 calories a day. In a year's time that could mean 15 pounds!



AEROBIC OR NON-AEROBIC?

Regular, vigorous exercise, that increases lung efficiency, muscle strength and endurance, is called aerobic exercise. Aerobic exercise should be rigorous enough to raise your body temperature, increase your heart rate and cause heavy breathing. The most popular aerobic exercises are jogging, swimming, bicycling, walking and cross-country skiing.

However, less active, non-aerobic exercise is also important to improve strength, flexibility and muscle tone. Non-aerobic exercises include bending and stretching, and can easily be done at work, or during your coffee break or lunch hour. Your program should include both aerobic and non-aerobic exercises.



WHEN SHOULD I EXERCISE?

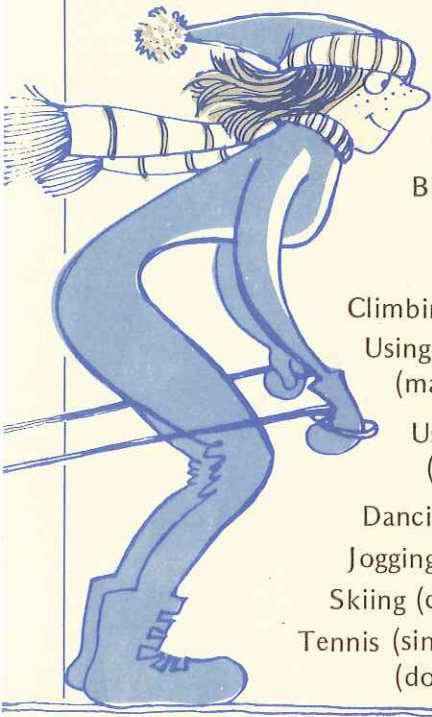
Anytime that's convenient for you! To get the most out of your exercise program, do it regularly—at least 5 times a week for about 30 minutes each time. But, avoid strenuous exercise right after a big meal.

DON'T DELAY!

- Exercising is easier than you may think.
- Choose exercises you enjoy. If you like your exercise program, you're more likely to stick to it!
- Remember to exercise sensibly. Start slowly and increase your activity gradually.

Use this list of activities to plan your own exercise program.

EXERCISE CHART



Activity	Calories Burned (Per Hour)
Walking 3 mph	250-315
Bicycling 5 mph	240-300
10 mph	360-420
13 mph	600-660
Climbing stairs	125-200
Using a typewriter (manual)	100-125
Using a typewriter (electric)	95-110
Dancing	250-450
Jogging 5 mph	450-550
Skiing (cross-country)	350-550
Tennis (singles)	400-480
(doubles)	250-325
Doing calisthenics	250-450
Bending, stretching	175-275
Bowling	200-250
Raking leaves, gardening (weeding)	250-325
Scrubbing floors	200-250
Washing dishes	125-200
Skating (fast)	360-420
Swimming	650-700

* NOTE * The calorie range given for each activity takes into consideration differences in weight, since some people use more calories than others doing the same activity.

EXERCISE AT WORK!

No matter what your job, if you want to WORK better, LOOK better and FEEL better, you need more or different exercise. So... make these exercises a part of every working day!

1. TO IMPROVE CIRCULATION . . . While sitting down, raise your legs from floor. Hold legs out straight—feet together—and move your feet in a circle. Lower your legs and repeat the exercise five times.

2. TO LOOSEN TENSE MUSCLES

... Bend the head forward. With hands clasped behind head, push head down gently. Release. Repeat.

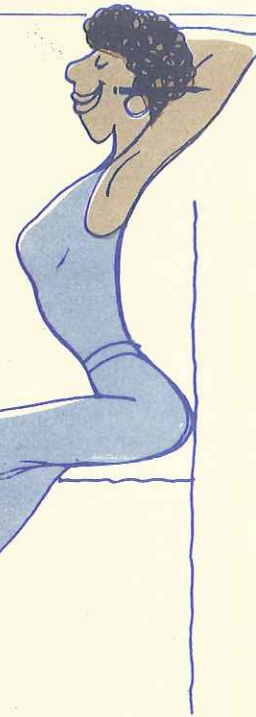
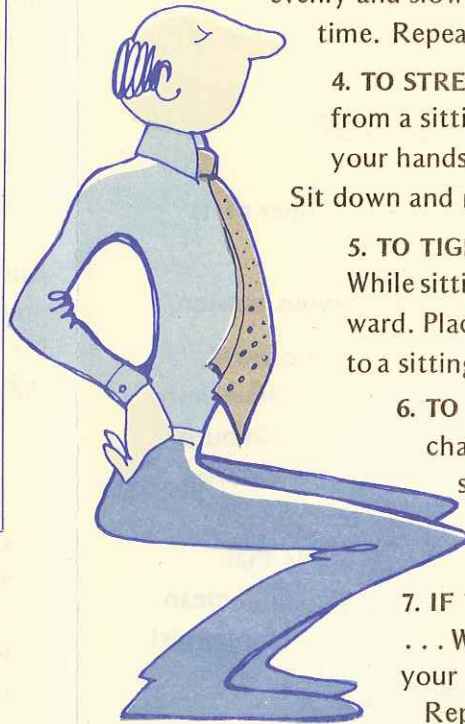
3. TO RELAX . . . Sit in an upright position and relax. Breathe evenly and slowly, filling the chest with air each time. Repeat 15 times.

4. TO STRENGTHEN LEGS . . . Slowly rise from a sitting position without the help of your hands until you are standing erect. Sit down and repeat the exercise 20 times.

5. TO TIGHTEN STOMACH MUSCLES . . . While sitting, draw stomach in and lean forward. Place head and hands on knees. Return to a sitting position and repeat 10 times.

6. TO TONE LEG MUSCLES . . . Sit in a chair, near the front edge. Hold onto sides of chair. Lift knees alternately as though you're peddling a bicycle. Continue for 2 minutes.

7. IF YOU'RE ON YOUR FEET ALL DAY . . . While standing, rise up and down on your toes. Then rock back on your heels. Repeat often during the day.



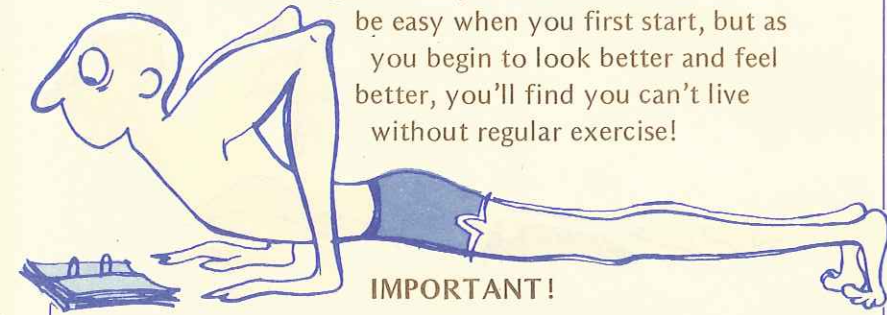
OTHER WORK DAY TIPS!

Hidden in the simple activities you do every day are great opportunities for you to exercise and feel refreshed:

- * Use the stairs if you're only going 2 or 3 flights.
- * Eat a light lunch—avoid soda, sweets and other “empty” calories—and then take a walk.
- * If you can, walk to work or ride a bicycle, instead of driving or taking the bus.
- * If you drive to work, leave your car at the far end of the parking lot. It will give you a chance to stretch your legs.
- * If you take a bus to work, try getting off several blocks before your stop . . . the walk will perk you up.

START TODAY!

Begin an exercise program today and stick with it! It won't be easy when you first start, but as you begin to look better and feel better, you'll find you can't live without regular exercise!



IMPORTANT!

But, if you're over 35, have a medical problem, or have been inactive for a long period of time, see your doctor before beginning any exercise program.

If, while exercising, you experience nausea, trembling, extreme breathlessness or pain in the chest—STOP IMMEDIATELY. If you have difficulty recovering, check with your doctor at once.