

## Wellness and Exercise

Exercise, walking, and strength training are fundamental components of a healthy lifestyle. They each play a crucial role in maintaining our physical and mental well-being.

**Exercise** is a powerful tool that helps improve our overall health. It can help control weight, combat health conditions and diseases, improve mood and mental health, boost energy, and promote better sleep. Regular exercise is also known to increase longevity and enhance quality of life.

**Walking** is one of the simplest and most accessible forms of exercise. It's a low-impact activity that can be easily incorporated into daily routines. Walking has numerous health benefits such as improving cardiovascular fitness, strengthening bones, reducing excess body fat, and boosting muscle power and endurance. It can also reduce the risk of developing conditions such as heart disease, type 2 diabetes, osteoporosis, and some cancers.

**Strength training**, also known as resistance training, is a type of physical exercise that improves muscular fitness by exercising a specific muscle or muscle group against external resistance. Strength training is key to staying healthy as we age. It can help preserve and enhance muscle mass, improve balance, reduce the risk of falls, improve glucose control, and improve sleep.

Incorporating these activities into our daily lives can lead to significant improvements in our physical health and mental well-being. Remember, it's never too late to start - even small changes can make a big difference!