

FITNESS FACTS

People Searching For Strength And Wellness Can Find It In Numbers

(NAPSA)—While many people are familiar with the phrase “strength is in numbers,” not everyone realizes the important role community and social interactions play in achieving exercise goals and balanced nutrition.

“Group exercise and nutrition planning offer a variety of benefits you might miss out on if you choose to go it alone,” explained Dr. John Agwunobi, M.D., M.B.A., M.P.H. “A consistent schedule, exposure to a social and fun environment, and accountability for participation are just some of the benefits.”

A support system and social activity group can be good for you in several ways:

- Surrounding yourself with like-minded people can help you stay on track.
- You can have people encourage you if you start to self-sabotage your nutrition plan or diet.
- By providing a way to relieve stress associated with weight loss.

Dr. Agwunobi added, “Incorporating healthy eating habits and exercise into your daily routine can seem like a difficult undertaking because temptation is all around us. From meetings filled with delicious pastries, to a comfortable bed calling our name after an exhausting day at the office, obstacles are everywhere. Staying on track can be hard, especially if you are tackling it on your own. Developing a support system of people who know your goals, strengths and weaknesses can be extremely beneficial in keeping a healthy lifestyle going.”

The physical and psychological benefits of building or joining a community of like-minded individuals in pursuit of a healthy, active lifestyle is based in science. A study published in the British Journal of Sports Medicine found that people who regularly walk in groups have lower blood pressure, resting heart rate and total cholesterol. The exercise also leads to a reduction in body fat and Body Mass Index (BMI). The U.S. Centers for Disease Control and Prevention (CDC) agrees. Regular physical activity,



Having a group to exercise with can be one of the best ways to get yourself to stick to your routine.

it points out, can reduce the burden of chronic diseases, such as heart disease, diabetes and some cancers, and can prevent early death.

Physical activity can also help people with chronic diseases manage their conditions.

Any amount of physical activity is beneficial, the CDC added. Ideally, though, adults should do at least 2½ hours of moderate-intensity physical activity (such as walking), 1 hour and 15 minutes of vigorous-intensity activity, or a combination each week.

To achieve that, the CDC suggests you start a walking group with friends and neighbors. More than 145 million adults now include walking as part of a physically active lifestyle.

With the health benefits of exercise in mind, some Herbalife independent distributors have opened nutrition clubs where they provide a supportive environment for people interested in leading healthy, active lifestyles. People gather to share exercise tips and consume science-based wellness products developed by Herbalife Nutrition under the guidance of more than 300 scientists, 36 of them Ph.D.s.

To hear firsthand how the strength of community-based exercise and nutrition has helped people, check out their stories on Youtube.com.