The Benefits of Exercise & Movement

Why Walking and Resistance Training Deserve a Place in Your Routine

Movement is one of the most powerful tools we have for lifelong health — and you don't need an expensive gym membership or an intense workout plan to benefit. Two of the simplest, most accessible forms of exercise, walking and resistance (strength) training, offer some of the broadest health benefits of any activity.

Why Movement Matters

Bone Health Weight-bearing activity like walking, and resistance training in particular, helps build and maintain bone density, lowering your risk of osteoporosis and fractures over time.	**Immune Health** Regular, moderate exercise supports healthy immune function, helping your body respond more effectively and recover more smoothly.
Mental Health Physical activity boosts mood-supporting brain chemicals and is linked to real reductions in anxiety and depression symptoms.	**Blood Sugar Regulation** Exercise — especially resistance training — improves how effectively your muscles take up and use glucose, supporting healthier blood sugar levels.
Stress Management Movement helps lower stress hormones like cortisol and gives your mind a healthy outlet, making it easier to handle daily stress.	**Fall & Injury Prevention** Resistance training builds the muscle strength, balance, and coordination that help prevent falls and injuries, especially as we age.
Cardiovascular Health Regular walking and aerobic activity strengthen your heart, help manage blood pressure and cholesterol, and lower your risk of heart disease.	AND MORE!

How Much Do You Need?

Current national guidelines recommend that most adults ***aim for***:

- 150–300 minutes of moderate-intensity aerobic activity per week (such as brisk walking) — or 75–150 minutes if it's more vigorous. ***Depending on your work environment – some of your activity at your job definitely counts!!***
- Muscle-strengthening (resistance) activity on 3 or more days per week, covering all major muscle groups

If you're pregnant or postpartum, current guidelines recommend at least 150 minutes of moderate-intensity aerobic activity per week, with your specific plan tailored to you — please talk with us about what's right for your situation.

Why Walking and Resistance Training Specifically

Walking is free, low-impact, and easy to fit into daily life — you can build up to your aerobic goal simply by taking a brisk walk most days of the week. Resistance training doesn't have to mean a heavy barbell: bodyweight exercises, resistance bands, and light dumbbells all count, and can be done at home in a short amount of time. Together, these two forms of movement cover nearly every benefit listed above, making them some of the most efficient investments you can make in your long-term health.

Start where you are. Even a little movement is better than none, and small, consistent steps add up over time. If you have questions about what's safe or appropriate for you, we're always happy to talk it through.

Powell Valley Healthcare