



# Don't wait for the new year - get fit today!

Many people find it easier to wait until January 1 to start healthy habits. After all, getting more exercise is a great way to kick off a healthier year.

But, with the tremendous benefits of exercise, why wait? Some people assume that it will take weeks of exercise to start looking or feeling better. Did you know there are some benefits to exercise that you will feel the first time you work out? You can reap the rewards of exercise — starting today!

These are some of the benefits of exercise that can make your day even better:

- **Better memory and thinking.** If you need to stay focused on something, some exercise may help by promoting better memory and brain performance.
- **Better sleep tonight.** Tired of tossing and turning? People who exercise may fall asleep faster and have better quality sleep that very same night.
- **Less stress or anxiety.** The more you exercise, the better it is for your stress levels. But, even a few minutes of exercise can help improve your mood and lower anxiety right away.

## Start small

It can be tough to fit in exercise around the holidays. With parties and gatherings, you may have even less time than usual. Don't let that stop you.

Instead, make a small and doable goal for exercise. Maybe walking twice a week is all you can do right now. Whatever it is, make it a goal you can achieve. A realistic goal will keep you motivated long after the New Year's resolutions have come and gone.

Sources: Anxiety and Depression Association of America, Journal of Psychology and Aging, International Sportmed Journal