

## Exercise: Reflection Questions

- 1. What are some benefits of exercising on a regular basis?**
  - a. Can help lower blood pressure and cholesterol
  - b. Can decrease risk of heart attack and stroke
- 2. What makes it hard for you to exercise?**
  - a. Many reasons make it hard for people to exercise including work, family, affordability of gyms and exercise classes. It is still important to dedicate some time, even if it is a small duration in your home.
- 3. Why do you believe 50% of Americans do not exercise regularly?**
  - a. Could be for many of the reasons listed above.
- 4. How can you add more exercise into your day to day life?**
  - a. Dedicate 15-20 minutes to any of the exercises mentioned in the video or in the linked handouts.
  - b. Walk around your neighborhood
  - c. Find affordable exercise classes.