

Maintain, Don't Gain!

Health Improvement Challenge

Commit, control, maintain

Even moderate exercise just 3 or 4 times per week can greatly reduce your risks for heart disease, diabetes, and certain cancers and can prevent joint immobility. You can eventually make moderate activity more vigorous by increasing your speed, adding more resistance, using light hand weights, or increasing your incline.

The chart below can help you find activities that meet your needs and will help to keep your fitness routine interesting and enjoyable. Like most people, you probably find yourself experiencing some of the common excuses listed in the left-hand column, but, with a little creativity, they can be overcome!

Get fit with what fits you	Aerobics	Basketball	Cross-country skiing	Stationary bike	Cycling (outdoors)	Racquetball	Jogging	Mini-Trampoline	Rope skipping	Rowing machine	Skating (inline or ice)	Soccer	Swimming (laps)	Tennis (aingles)	Walking
I haven't exercised in years				•	•			•		•	•		•		•
I currently exercise a lot	•	•	•	•	•	•	•		•	•	•	•	•	•	
I like to exercise alone				•	•		•	•	•	•	•		•		
I like to exercise with people	•	•	•		•	•	•				•	•	•	•	•
I don't like to sweat													•		
Indoors is the place for me	•	•		•		•		•	•	•	•		•		
Outdoors is where I like to be			•		•		•				•	•		•	•
I have joint problems				•				•					•		•
I have no time to exercise				•			•	•	•	•					
Exercise is boring	•	•	•		•	•					•	•		•	
I like to compete		•			•	•	•				•	•	•	•	
Exercise stuff is too expensive		•							•			•			•
I want flexibility		•	•			•					•		•	•	
I don't like wearing exercise shorts		•	•	•				•		•					•



AmeriHealth

AmeriHealth HMO, Inc. QCC Insurance Company, d/b/a AmeriHealth Insurance Company
AmeriHealth Insurance Company of New Jersey