

# MONTHLY Check-Up

WHITE PLAINS HOSPITAL

*Exercising for Health  
in the New Year*

*With the holidays behind us and spring distantly on the horizon, we may turn our focus to healthier habits. Here are some benefits you might experience from an exercise regimen that will work for you for the long haul.*

1

Battle the  
Winter Blues

**Exercise can be one of the best ways to improve mood.** Working out can help boost self image, offset feelings of anxiety and depression, and relieve insomnia, tension and stress.

2

Jump Start  
Weight Loss

**The new year is a great time to start a weight loss plan.** Exercise can help increase flexibility, tone muscles and build strong bones. This can help slow down muscle loss as we age as well as maintain a healthy weight.

3

Improve  
Overall Health

**An exercise program will lower your risk of chronic disease.** Specifically, you can lower blood pressure, enhance cardiovascular fitness, increase good cholesterol (HDL) levels and even prevent certain types of cancer with regular exercise.



**WP** White Plains Hospital  
*Exceptional, every day.*

