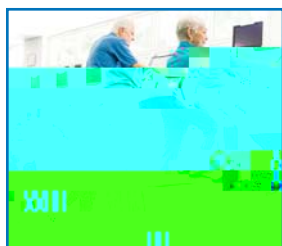


## Equipped to Exercise

Cardio exercise machines offer a convenient way to help you meet the recommended exercise goals at home.\* Start by reviewing the specific benefits of each type of machine. Among the most popular:

### Treadmill:

You can burn more calories per mile than on many other machines – about 100 per mile walking briskly. You can adjust it to different levels of speed and elevation as you gain strength.

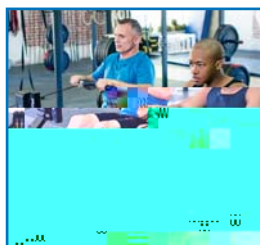


### Recumbent Stepper:

With an adjustable circular up-and-down motion, it's a cross between a ski machine and a stair stepper. It's easier on your joints than a treadmill.

### Rowing Machine:

As it works the back, arms and legs simultaneously, it offers a near total-body workout from a machine. It's not advised for people with back trouble.



### Stationary Bike:

It produces the least impact on your joints from a machine; it's most suitable for people with knee problems.



**Read the reviews of various models.** Check consumer and fitness magazines that rate cardio equipment. And consider buying used: You'll find many stores that sell quality used fitness equipment worth major savings; read user reviews.

**When shopping,** try out the machine as you expect to use it for at least 15 to 20 minutes. Explore the various speeds or intensity options. Choose for comfort, ease of use and daily enjoyment.

**Before you buy,** check with your health care provider, particularly if you have back or joint issues or other chronic health conditions.

\*Guidelines recommend at least 150 minutes of moderate-intensity exercise, such as brisk walking, weekly. Segments may be as short as 10 minutes.



Many people practice meditation to gain inner peace or to help manage medical conditions. A few minutes of meditative concentration can produce deep mental calm and physical relaxation. In the process, blood pressure and stress hormones decrease as heart rate and breathing slow.

People also practice meditation to help relieve the physical symptoms of several conditions, including asthma, insomnia, depression, pain and cancer. The American Heart Association promotes routine meditation to potentially lower your risk of heart disease.

### Basic Meditation Routine

- i Pick a place and time free of distractions.
- j Sit comfortably with your spine erect.
- k Close your eyes and quietly take slow, deep breaths.
- l Focus on your breathing or a peaceful image. Each time your mind wanders, gently bring it back.

