



-FOR IMMEDIATE RELEASE-
September 30 is National Women's Health and Fitness Day:
Stay Safe...Stay Healthy With Regular Exercise



(SALEM, OHIO) – September 23, 2020 – September 30 is National Women's Health and Fitness Day, and serves as a reminder of the importance of regular physical activity and health awareness for women.

Salem Regional Medical Center (SRMC) encourages women to make exercise a part of their routines to help them maintain their best health throughout all stages of life.

**Stephanie
Raynish, M.D.**

"Being physically active is one of the most important things any woman can do to improve her health," said Stephanie Raynish, M.D., a family medicine physician associated with SRMC Primary Care-Salem and SRMC's medical staff. "Exercise offers numerous benefits for women of all ages and fitness levels."

Benefits of Exercise for Women

According to Dr. Raynish, regular exercise and physical activity may:

► Lower Your Risk of Chronic Diseases

"Exercise strengthens your heart and improves your circulation, which can reduce your risk of developing chronic health conditions like heart disease, stroke and high blood pressure. Being physically active can also help prevent or manage diabetes by decreasing your blood sugar levels, and may lower your risk of some cancers."

► Help Prevent Bone Loss and Osteoporosis

"According to the National Osteoporosis Foundation, one in two women over the age of 50 will break a bone in her lifetime because of osteoporosis, a common condition characterized by thinning and weakening of the bones. Exercise plays an important role in building and maintaining healthy bones, muscles and joints, which can slow the loss of bone density that comes with age."

► Help You Control Your Weight

"In addition to eating a well-balanced diet, regular exercise can help you maintain a healthy weight and prevent obesity, which is a leading risk factor for developing many chronic health conditions."

► Improve Your Mental Health

“During exercise, the body releases chemicals that can improve your mood and reduce feelings of anxiety and depression. Physical activity can also help you to feel less stressed and sleep better.”

Getting Started

The American Heart Association recommends that most adults get at least 150 minutes of moderate intensity aerobic exercise each week.

“Aerobic exercise is a type of workout that increases your breathing and heart rate, such as walking, jogging, swimming or bicycling,” Dr. Raynish explained. “These activities improve your overall fitness by keeping your heart, lungs and circulatory system healthy. Choose an activity you enjoy and start slowly, gradually increasing your activity level.”

While it’s common for people to focus on one type of exercise, Dr. Raynish suggests mixing up your routine and including activities to improve your strength, flexibility and balance for the most benefit.

“For example, lifting weights or using a resistance band can help strengthen your muscles and bones, which is a key to maintaining functionality and independence as you age. Flexibility exercises like stretches and yoga can improve your range of motion and posture. Activities to improve your balance, such as heel-to-toe walking and standing on one foot, may lower your risk of a fall or fall-related injury.”

Dr. Raynish noted that before starting a new exercise program, you should talk with your health care provider to determine how much and what type of exercise is right for you, especially if you have a history of medical problems or haven’t been active recently.

Other Tips and Guidelines

Dress appropriately: Exercise in loose, comfortable clothing and wear supportive shoes.

Warm up and cool down: Perform warm-up exercises for 3-5 minutes. Warm-up exercises, such as stretching, will prepare your body for exercise and slowly increase your heart rate. At the end of your routine, cool down at a slower pace and follow with stretching exercises. Following these guidelines will allow for a gradual change in your heart rate, blood pressure and breathing rate.

Stay hydrated: Be sure to drink adequate fluids during exercise – water is ideal. Avoid caffeinated beverages 1 hour before exercising.

Keep Track of Your Progress: Use a fitness tracker or app to help you set goals and track your progress.

How to be Physically Active While Social Distancing

During the COVID-19 pandemic, you can still be active while social distancing:

Get Outside: Go for a walk or take a bike ride, avoiding crowded areas and maintaining the recommended social distance from others.

Move Around the House: Catch up on household chores like vacuuming or cleaning out the closet.

Take Online Classes: Download an online exercise video or take a virtual fitness class.

Try Bodyweight Exercises: Do exercises like jumping jacks, push-ups, sit-ups, squats and lunges.

Have Family Play Time: Engage in a game that gets everyone up and moving.

Stephanie Raynish, M.D., sees patients of all ages at SRMC Primary Care-Salem, located at 2020 East State Street, Suite C, in Salem. Appointments with Dr. Raynish can be scheduled by calling 330-332-7807.