

EXERCISES: ANYTIME, ANYWHERE

Exercise is key to a healthy endocrine system. When you move, your muscles release hormones. Physical activity has the ability to keep hormones in balance that are necessary for regular functioning (energy level, bone and muscle strength) and help your body cope with symptoms of endocrine conditions such as diabetes and thyroid disorders.

Visit hormone.org for more information.

Exercise doesn't have to be intimidating. You don't have to exercise at a gym for hours at a time. Exercise breaks can be taken by anyone, anywhere—from the office to the classroom.

TRY THESE SIMPLE EXERCISES



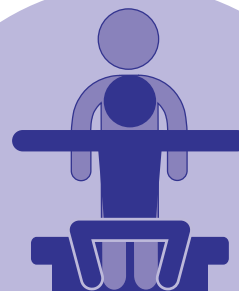
"Tree Pose"

Stand with arms raised above head, palms together, and balance on one leg



"Raise the Roof"

Overhead press with arms



"Hot Seat"

Chair squats with legs



"Swim"

Freestyle swim motion with arms



Wall Push-ups

Face a wall, lean in, and push back whole body with arms



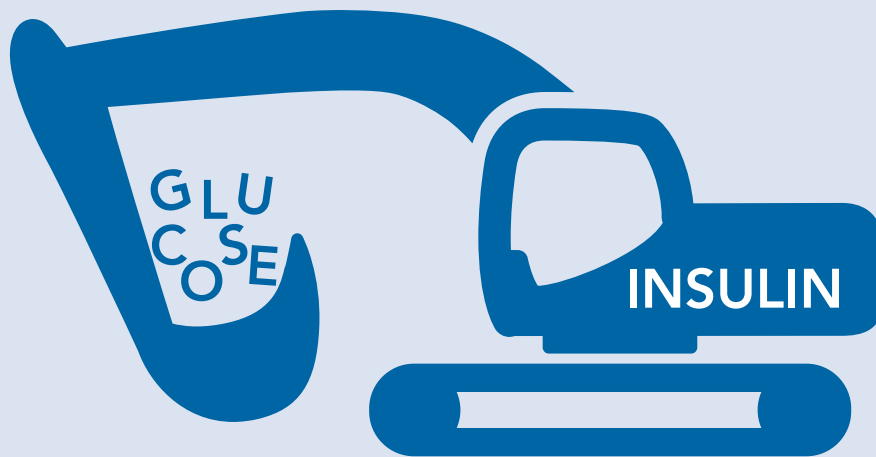
Boxing

Punch the air with arms from chest

WALKING: THE EASIEST EXERCISE OF THEM ALL



SECRET WEAPON AGAINST DIABETES = EXERCISE



Exercise gets the bloodstream moving, which paves a smooth road for insulin to do its job and carry excess glucose (sugar) into cells for energy.

EXERCISE CAN BE MORE DIFFICULT WHEN DEALING WITH EXTREME HORMONE CONDITIONS

- Thyroid function
- Testosterone levels
- Cortisol levels

Consult an endocrinologist to get hormone levels tested.



You have questions. We have answers.

The Hormone Health Network is your trusted source for endocrine patient education. Our free, online resources are available at hormone.org.

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