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## Have to and has to exercises pdf

30-Minute, No-Gym Bodyweight WorkoutWith summer in full swing, it's the perfect time to mix up your routine by taking your workout outside. After all, exercising outdoors may improve energy levels and decrease stress to a greater extent than working out inside.Does participating in physical activity in outdoor natural environments have a greater effect on physical and mental wellbeing than physical activity indoors? A systematic review. Thompson Coon J, Boddy K, Stein K. Environmental Science & Technology, 2011, Feb.;45(5):1520-5851. But if your habitat is more concrete jungle than bucolic park, don't sweat it—there are plenty of benefits to exercising inside as well.Getting OutdoorsShare on Pinterest According to one review that included more than 800 subjects, exercising outdoors came with a slew of benefits.Does participating in physical activity in outdoor natural environments have a greater effect on physical and mental wellbeing than physical activity indoors? A systematic review. Thompson Coon J, Boddy K, Stein K. Environmental Science & Technology, 2011, Feb.;45(5):1520-5851. Participants reported feelings of revitalization, decreased anger, and increased energy. Another study found that the outdoors have an overall positive effect on vitality, or your sense of enthusiasm, aliveness, and energy. Finally, simply spending more time outside has been shown to prevent increases in obesity among children.A prospective examination of children's time spent outdoors, objectively measured physical activity and overweight. Cleland V, Crawford D, Baur LA. International journal of obesity (2005), 2008, Oct.;32(11):1476-5497.And there are other perks. Vitamin D—one of the fat-soluble vitamins essential to strong bones and a healthy immune system—can be attained via sun exposure. While much debate exists around the guidelines, some researchers suggest that five to 30 minutes of sun exposure between 10:00 a.m. and 3:00 p.m. at least twice a week is sufficient for vitamin D synthesis. Of course, this recommendation also comes with a caveat you already know: Always wear sunscreen and cover up when possible. Likewise, if you're outside, you need to pay attention to the weather. Both extreme heat and cold can pose a variety of issues. If you're sweating during the summer, it's important to know the symptoms of dehydration and heat exhaustion. In the winter, experts advise you dress in multiple layers to stay warm and get familiar with the early signs of frostbite and hypothermia.Taking It InsideIf you live in an area prone to air pollution (looking at you, L.A.), you may be better off working out indoors. Pollution and other environmental factors can also trigger respiratory problems like allergies and asthma. Heading to the gym may also be a better option for those who need extra motivation to make their workout happen. One study found that people who work out with a partner are generally more motivated than solo exercisers.Two-player partnered exergame for obesity prevention: using discrepancy in players' abilities as a strategy to motivate physical activity. Feltz DL, Irwin B, Kerr N. Journal of Diabetes Science and Technology, 2012, Jul.;6(4):1932-2968.In addition to the social environment offered at gyms, experts say that group workouts led by a certified instructor also ensure participants get a safe and effective workout, learn proper cues, and stay accountable—there's no skipping those hellish burpees you usually "forget" to do. Plus, you can continually try new, innovative workouts that you may not be able to do on your own.And let's face it, gyms have advantages no study needs to prove. Those hot, steamy showers, saunas, pools, and even spas can make any exercise experience feel a lot more luxe.The Best of Both WorldsIn the end, you don't have to choose just one. Some workout groups exist entirely outdoors, while lots of gyms offer seasonal classes outside. As the line between indoor and outdoor exercise continues to blur, what's becoming clear is that mixing up indoor and outdoor sessions is a great way to keep exercise exciting and, most importantly, fun.Originally published in June 2011. Updated in June 2015. Page 2 October is Breast Cancer Awareness month. Learn what you can do to protect yourself against the most common cancer in young women. Unlike most organs, breasts continue to mature well into adulthood, says Marisa Weiss, M.D., chief medical officer and founder of Breastcancer.org, and are especially sensitive to environmental factors. That means they require extra attention. Here's how to keep them healthy. RELATED: Does Breastfeeding Really Reduce Your Risk of Breast Cancer? Compared with teetotalers, women who have just three drinks weekly have a 15 percent higher risk of developing breast cancer (plus another 10 percent for every additional drink per week), according to Breastcancer.org. The Centers for Disease Control and Prevention advises sticking to up to one drink per day. Exercise may boost our immune system enough to slow the growth of cancer cells. Just 150 minutes of moderate exercise (or 75 minutes of vigorous) weekly can help, according to the American Cancer Society. RELATED: What All New Moms Need to Know About Breast Cancer Being 10 percent overweight can increase your breast-cancer risk after menopause, since fat cells generate estrogen that can make certain cancers grow. "I advise younger patients not to put on weight now, since it will be that much harder to lose it after menopause," says Deanna Attai, M.D., assistant professor of surgery at the David Geffen School of Medicine at the University of California, Los Angeles. Monthly breast self-exams are no longer recommended by the American Cancer Society. (False positives triggered too many unnecessary tests and biopsies.) But we should know what's normal for our breasts—how they feel, their size, and which lumps come and go throughout the month. If you notice a change, be it a lump, discharge from a nipple, dimpled skin, pain, or swelling, don't panic, but do see a doctor. RELATED: Breast Self-Exams Made Easy Breast cancer is uncommon in young women at average risk. "But many don't know what their risk is," says Dr. Attai. Here's what you should consider: A pattern of cancer can be less noticeable in a smaller family, since there are fewer cases to catch your attention. "People also don't tend to talk about what relatives died of and may not spontaneously share details about their health," says Jean Sachs, CEO of Living Beyond Breast Cancer. So it behooves you to do some sleuthing. "Ask relatives about cancer in the family and what kind, at what age people were diagnosed, and what happened to them," says Dr. Weiss. Show your findings to your doctor. If they see red flags, they may recommend that you see a genetic counselor, who can help you determine if genetic testing is an appropriate next step. "Black women are 40 percent more likely than white women to die from breast cancer," says Karen E. Jackson, founder and CEO of Sisters Network, Inc., an organization for Black breast cancer survivors. Black women are also more likely to be diagnosed with triple-negative breast cancer, an aggressive form that doesn't respond to hormone-based therapies and is more likely to recur, says Dr. Weiss. In the U.S., breast-cancer risk is also higher among Jewish women of Eastern European (Ashkenazi) heritage, who are more likely to carry the BRCA 1 or BRCA 2 mutation, giving them up to a 75 percent lifetime risk of developing breast cancer and up to a 50 percent lifetime risk of developing ovarian cancer, according to Dr. Weiss. A single blood or saliva panel can screen women for more than a dozen breast cancer-linked genes. Yes, childbearing (and breastfeeding) lowers our lifetime risk of breast cancer, but what many of us don't know is that a recent pregnancy can slightly increase short-term risk, particularly in women over 30, says Ann Partridge, M.D., M.P.H., cofounder and director of the Young and Strong Program for Young Women With Breast Cancer at the Dana-Farber Cancer Institute, in Boston. Why is this? "The surge of hormones that comes with pregnancy may activate abnormal breast cells," says Dr. Weiss. However, keep in mind that this increase in risk is minimal—it shouldn't dictate when, or if, women should have children.

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