Low-Impact Exercise Yields High Impact Results

One of the most common New Years' resolutions is to exercise more to get healthy. This can be easier said than done. However, fitness goals do not have to be lofty or unachievable. In fact, exercising is something that can be relatively affordable and achievable with low-impact workouts.

According to Julia Haskins at **Nation's Health**, low-impact exercises are just as important as high-impact exercises. She says, "Exercise is measured by relative intensity - the amount of effort needed to carry out an activity, which affects your heart rate and breathing." One easy way to test out the intensity of an exercise is through the "talk test." Haskins says, "it should be relatively easy for you to hold a conversation while exercising. If you get out of breath, you are likely doing a high-impact exercise, not low-impact."

Some low-impact exercises are walking, swimming, or using resistance bands. They are less physically demanding than high-impact exercises like running, jumping rope or tennis, but they are just as beneficial. According to Haskins, doing regular low-impact exercises have multiple mental and physical benefits, including:

- Improvements in strengthening muscles and bones.
- Reduction in risk of certain diseases, such as Type 2 diabetes, heart disease, and cancers.
- Improvement in your mood

Low-impact exercises are also helpful in connecting with others. Since these exercises can be done by almost anyone this allows for more opportunities to join together in achieving fitness goals. Low-impact exercise also comes with less risk of injury and are better for people who need to be “gentler” on their bodies. But before starting any new exercises or programs, talk to your doctor to develop the best plan so you can work on goals throughout the year.