



"Established by the NIMC Act No. 23 of 2007, it has the mandate to establish, own, operate, maintain and manage the National Identity Database in Nigeria, register persons covered by the Act, assign a Unique National Identification Number and issue General Multi-Purpose Cards (GMPC) to those registered individuals, and to harmonize and integrate existing identification databases in Nigeria."

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Vision

It is our vision to provide sustainable world class identity management solution to affirm identity, enhance governance and service delivery in Nigeria by 2019.

Volume 4, No. 3

Mission

To establish and regulate a reliable and sustainable system of National Identity Management that enables citizens and legal residents affirm their identity in an environment of innovation and excellence.

September / October 2018

FEC Approves Implementation of Strategic Roadmap for Digital Identity Ecosystem in Nigeria

The Federal Executive Council (FEC) has approved the immediate commencement of the implementation of a strategic roadmap for Digital Identity Ecosystem in Nigeria at its meeting, held on Wednesday September 12th, 2018 and chaired by President Muhammadu Buhari, GCFR.

The digital identity Ecosystem is a framework that leverages on the existing capabilities and infrastructure of distinct government agencies and private sector organisations to carry out enrolment of Nigerians and Legal residents into the National Identity Database (NIDB) as well as issuance of Digital identity, known as the National Identification Number (NIN) to give Nigeria a credible and robust identity management system.

The FEC approval of the Identity Ecosystem will bring into full force the implementation of the provisions of the NIMC Act 23, 2007, which include the enforcement of the mandatory use of the National Identification Number (NIN) by January 1, 2019, and the application of appropriate sanctions and penalties on defaulters as provided under Section 28 of the NIMC Act and Regulations.



President Muhammadu Buhari GCFR

for the Identity Ecosystem for Nigeria approved by the Federal Executive Council, Director-General/CEO of NIMC, Engr. Aliyu Abubakar Aziz, explained that the step falls in line with the Federal Government's efforts to reposition the country's status in the global economy, towards achieving the Economic Recovery and Growth Plan (ERGP) launched in April 2017.

According to Engr. Aziz, the ERGP is designed "as an omnibus strategy for the government to meet the critical needs of the citizenry in areas such as food security, energy, transport, human capital development, but more critically developing a local digital economy."

Speaking on the strategic roadmap While expressing gratitude to Pres-

ident Buhari and Vice President, Prof. Yemi Osinbajo, as well as members of the FEC, National Assembly, the World Bank, the French development agency - AFD, the European Union/EIB and members of the Harmonisation Committee, including industry stakeholders whose expertise and contributions fostered harmonious discussion and created the platform for the development of the roadmap, Engr. Aziz explained that all agencies of government and the private sector who are directly or indirectly into the business of data capture and service provision requiring identification of persons should note that:

- Guidelines, processes, procedures for licensing public and private sector organisation will be published soon.
- Enforcement of the mandatory use of the NIN for services and transactions based on the Mandatory Use of the NIN Regulations 2017, will commence.
- Duly licensed organisations will be required to carry out the front end services of the Identity Ecosystem (data capture, authentication and verification services, etc.) in compliance with the provisions set out in the Nigeria Biometrics Standard.

Auditor General Applauds NIMC on Accountability



(L-R): The Auditor-General for the Federation, Mr. Anthony Ayine with the Director-General/CEO National Identity Management Commission (NIMC) Engr. Aliyu Aziz

The Auditor-General for the execution of key programs in Federation, Mr. Anthony the country. Thus the need to Ayine, has applauded the better understand the activi-management of the National ties of the commission, so as Identity Management Com- to audit effectively mission (NIMC) for its man- and bridge the communica-nerism in carrying out its tion gap between both organ-functions and its adherence izations.

to the principles of due pro-
cess and accountability.

This was disclosed during a courtesy visit made by the Auditor-General to the DG /CEO NIMC, Engr. Aliyu Aziz, at the National Identity Management Commissions head office in Abuja.

Mr. Ayine, affirmed that the visit was in recognition of the strategic importance of NIMC to the planning and

In his remarks, the Auditor-General commended the harmonization process headed by NIMC, as it will effectively reduce the cost incurred from duplication of functions by many data collecting agencies.

He further assured the DG/ CEO of his office's support in whichever way possible to ensure the successful deliverance of NIMC's mandate, while also clearing popular misconceptions about audit-

ing.

"Audit is not to attack or to witch-hunt an organization, audit should help the auditee to function better. When we conduct our audit we make recommendations towards improvement. I also believe we should add value to the work of organizations". Mr. Ayine said.

In his response, Engr. Aziz expressed gratitude to the Auditor- General's office for recognizing the importance of NIMC's functions to National development, and its willingness to support the National Identity Management System (NIMS) project. He assured him that NIMC will work with his office on the best possible ways to ensure the fulfillment of its Mandate.

Engr. Aziz also confirmed that with the enforcement of the mandatory use of the National Identification Number (NIN), all transactions will entail the attachment of NIN, thus creating an avenue for easy tracking and the reduction of fraudulent activities in the country.

KANO STATE LAUNCHES 60 DAYS PERIOD FOR ENHANCEMENT OF NIN

The Executive Governor of Kano state, Dr. Abdullahi Umar Ganduje, has emphasized the importance of the National Identification Number (NIN), noting that it is crucial to the excellent performance of all sectors of the economy in Nigeria.

The Governor made the remark at the official flag off ceremony of the “Sixty (60) Days Emergency Period for the Enhancement of the National Identification Number (NIN) and Voters Cards in the State.”

The 60 days emergency programme was launched as an



L-R: The DG/CEO NIMC, Engr. Aliyu Aziz presenting the Governor of Kano State, Dr Abdullahi Ganduje with his NIN slip

intensive enlightenment and sensitization campaign for residents of Kano State on the Importance of the NIN and the Voters Card and the need to participate in the important national exercise.

Speaking at the event, Gov. Ganduje noted that several countries across the world make use of the identity num-

ber to transform governance and improve service delivery in the areas of planning, education, agriculture, housing, finances and provision of social amenities for their subjects, including authenticating eligible voters.

He called on all residents of the state to avail themselves of this opportunity, and ensure that they get registered to obtain their NINs as soon as possible, especially during these dedicated 60 days, reiterating that the NIN will facilitate the move to strengthen the security of lives and property in the country.

“The NIN will eliminate identity fraud and theft by providing convenient means of verifying identity in everyday transactions. It will also tackle chal-

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**FORGOT YOUR
NIN?**
National Identification Number



DIAL *346#
Available on All Mobile Networks

Dial *346#, and take the following steps:

A message will appear on your screen welcoming you to NIMC service and also displaying two available options.

Option one has the NIN retrieval, which is for persons using the mobile number they used when they enrolled for their National Identification Number. This option instantly returns a text containing the applicant's NIN.

Option two has the NIN Search. This can be used with any mobile number. When you select the NIN Search option, you will be requested to supply your last name, etc., after which your NIN will be displayed.

This service is available on all networks. Service charge of N20 applies.

Seven (7) Workplace Etiquette Rules

Over the past few years, shared workplace spaces have emerged across the globe, with vast numbers of business opting for serviced office spaces as a cost-effective, flexible alternative to traditional workplaces. Co-working office spaces are designed to improve creativity, encourage collaborative working and boost productivity offering business access to communal workplaces, meeting rooms and shared facilities.

However, it is important to remember that when it comes to a shared workplace, there are both written and unwritten rules to adhere to. There is an unquestionable need for a ‘workplace etiquette’ to ensure that all coworkers respect one another. The following are some of the workplace etiquette one is expected to abide by in a shared office space environment:

Respect your colleagues need to work

In a shared workplace it is important to respect one another’s privacy, so ensure that you always look before you interrupt. If you can see that your colleagues are busy and occupied with other work, why not send them an email or a chat message so that they can reply when they’re available.

Noise and distraction

A shared office space is full to the brim of noise and distractions. Excessively loud conversations along with irritating habits such as tapping on the desk, fidgeting or humming can make it extremely diffi-

cult for others to concentrate.

It is recommended that you try to refrain from these types of distractions. If you’re struggling to concentrate with all the noise and distractions in your shared office space, then why not plug in your headphones and listen to some relaxing music to drown out the surrounding noise.

Phone calls

A key shared office space etiquette rule is to keep the environment as quiet as possible to ensure productivity. Therefore, phone conversations should only be taken in specific spaces-be this an empty meeting room, a designated phone booth or an empty office. Always be mindful of your volume while taking a call in a shared space and remember that there are others trying to work around you.

Don't hold meetings in your office space

This follows on from the noise and distractions in your office. If you have a time scheduled for a meeting, then why not book an available meeting room instead of disturbing your co-workers. On the other hand, if an impromptu conversation with a colleague leads into a more in-depth one, head to a private location to reduce noise levels and distractions.

Avoid smelly food

Shared office spaces ultimately means shared lunch spaces. If you find yourself eating your lunch in your office, ensure that you are aware of smells. Within an enclosed office space, smells can become extremely overpowering and lead to discomfort and distraction to your coworkers.

It is recommended that you are mindful of this when you pack your lunch and snacks, opt for mild foods that don’t create awful smells when cooked or opened. Preferably you are enjoined to use the staff canteen anytime you want to have your lunch.

Be friendly and courteous to others

In shared office spaces, we see the same people day to day. Therefore, it is important to ensure that you are friendly and courteous to all those that you share the space with. Make the effort to be pleasant, greet coworkers in a friendly manner and respect everyone that shares the space.

Being friendly and courteous to those that work alongside you will help you to make connections. This is one of the biggest benefits of shared office spaces; they are great for networking.

Sickness

When working in close quarters, in shared office spaces, germs can be transferred and spread very easily. If you are sick then we urge you to stay at home, to reduce the risk of passing the illness to fellow coworkers. If it is essential for you to go into the office then ensure that you take necessary steps to reduce the spread of germs. Keep hand sanitizer nearby, cover your mouth when you cough or sneeze and practice levels of good hygiene.

Conclusion

Sharing an office space could be quite an exciting experience if we all could endeavor to abide by the above outlined office space etiquette. So, let’s all endeavor to abide by them.

Culled from: www.flexioffices.co.uk

NIMC, Sokoto State Government Set to Enlighten Indigenes about The NIN

The Sokoto state government is to set up a committee to enlighten people of the state on the need to enrol into the National Identity Database (NIDB).

This was disclosed by the Sokoto state Deputy Governor, Ahmad Aliyu during the presentation of his National e-ID Card by the NIMC Sokoto State Coordinator, Garba Balarabe at the

"The issuance of the NIN is a Deputy Governor's office, in nationwide program, the importance of the NIN to national planning and development can-

not be overemphasized hence, the people in Sokoto state will for the National Identification Number (NIN) in the state and he stated.

expressed state government's readiness to ensure that adequate enlightenment is carried out especially at the grass root level on the need for every Sokoto citizen to be enrolled and issued a NIN.

The Deputy Governor further appealed to the people of the State to participate fully in the exercise and support government's policies and programs at all times and promised that the



L-R: NIMC Sokoto State Coordinator, Garba Balarabe presenting the Sokoto Deputy state Governor, Ahmad Aliyu his National e-ID Card.

state government will be contributing its quota towards the NIMC National Identity Management Systems project.

While responding to the Deputy Governor, Garba Balarabe thanked the state government for its support towards ensuring the fulfil-

ment of NIMC's mandate and looks forward to working alongside the committee in ensuring that the people are sensitized and educated on the NIN and also enrolled in to the National Identity Database.

Alhaji Balarabe further said that more registration centers will be opened in the state, to further take the exercise closer to the masses, adding that children are not exempted from the enrollment into the NIDB.

8 SIMPLE WAYS TO SAVE MONEY

RECORD YOUR EXPENSES: The first step to saving money is to figure out how much you spend. Keep track of all your expenses—that means every drink, newspaper and snack you buy. Ideally, you can account for every penny. Once you have your data, organize the numbers by categories, such as: gas, groceries and rent, and total each amount. Consider using your credit card or bank statement to help you with this. If you bank online, you may be

able to filter your statements to easily break down your spending.

MAKE A BUDGET: Once you have an idea of what you spend in a month, you can begin to organize your recorded expenses into a workable budget. Your budget should outline how your expenses measure up to your income—so you can plan your spending and limit overspending. In addition to your monthly expenses, be sure to factor in

expenses that occur regularly but not every month, such as car maintenance.

PLAN ON SAVING MONEY: Now that you've made a budget, create a savings category within it. Try to put away 10–15 percent of your income as savings. If your expenses are so high that you can't save that much, it might be time to cut back. To do so, identify non-essentials that you can spend less on, such as entertainment and dining

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ADDRESS BY THE EXECUTIVE GOVERNOR OF KANO STATE, DR. ABDULLAHI UMAR GANDUJE AT THE LAUNCHING OF THE ENHANCEMENT FOR NIN AND VOTERS CARD REGISTRATION HELD AT THE GOVERNMENT HOUSE, ON AUGUST 7, 2018

I am delighted to welcome you all to the official launching of sixty (60) days period dedicated for the National Identity Number (NIN) enrolment and Voters Card Registration exercise in Kano State. I am quite impressed with the presence of various stakeholders at this vital event, which comprises government officials, Women and Youth Organizations, Non-Governmental Organizations (NGOs), as well as Students' Unions. This really demonstrates the significance of this exercise, which is aimed at establishing '*Foundation Identity*' (revealing who you are) on which institutions will use to confirm one's eligibility for a service, benefit or function in the country.

I must emphasize that the importance of National Identity Number and the Voters Card cuts across so many sectors of our economy. Several countries all over the world make good use of identity number and voters card to transform governance and improve service delivery in the areas of planning, education, agriculture, housing, finances and provision of social amenities for their subjects, including authenticating eligible voters.

Ladies and Gentlemen, it is apt to add that this identity number facilitates strengthening the security of lives and property and eliminate identity fraud and theft by providing convenient means of verifying identity in everyday transactions. It will



Governor Abdullahi Ganduje showcasing his NIN slip

also tackle challenges of ghost workers, combat corruption and make it more difficult for criminals to have multiple identities.

Similarly, as you are aware that the 2019 general elections is around the corner, I find it imperative to call upon all citizens, especially those who have turned 18 years of age after the last voter registration exercise to ensure that they are registered, while those whose cards got damaged or lost should also go to registration centers to have appropriate replacement. You should bear in mind that, it is only by obtaining your voters cards that you will participate in the electoral process and elect who you want to lead you in the next four years or beyond. On this premise therefore, I strongly advise all Kano residents to regard the importance of these identity and voter's cards and ensure that you all get registered to obtain

your NIN as well as voter cards, as soon as possible, especially during these dedicated 60 days. You should not therefore disenfranchise yourselves by neglecting this important national duty/ assignment.

Let me at this juncture mention some of the commitments so far made by this administration in supporting the activities of the National Identity Management Commission (NIMC), a commission, tasked with the responsibility of registering all Nigerians

resident in the country. Ladies and Gentlemen, from the commencement of NIN enrolment exercise in Kano State, NIMC Kano has been enjoying the support of Kano State Government in various aspects of its operations. Some of these interventions include:- Procurement and installation of VSAT for internet services and solar power system for power at 50 enrolment centers across Kano State

-Renewing internet subscription for the already installed 50 units of VSAT to further ensure a smooth and nonstop enrolment services in the State

-Directing all the 44 LGAs to make provisions and cooperate with NIMC in ensuring smooth conduct of enrolment exercise which saw the establishment of ERCs in all the 44 LGAs

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-Carrying out awareness through radio jingles and short drama to further mobilize citizens to come out for NIN registration

-Issuing a circular compelling all civil servants and all other personnel under its control to ensure that they register for their National Identification Number (NIN) within a stipulated time

-Adopted and expanded a formulated project aimed at reaching Nigerians at the grassroots level. This will boost enrolment figures in Kano to at least 25,000 instead of its normal weekly enrolment figures of

about 14,500.

Furthermore, our administration is considering a possible collaboration with NIMC in leveraging the production and supply of E-Id cards. This gesture will allow for the printing and disbursement of the cards not only to the people of Kano State but to the north-west region as a whole. In addition the Government is making effort to ensure that Kano State indigenes participate as key stakeholders in the forthcoming Ecosystem project. The Ecosystem is a project that is aimed at boosting the enrolment coverage, increasing the enrolment outlet, through private partnership arrangement.

I cannot end this address with-

out appreciating the efforts of Kano based NGOs, Women and Youth Organizations, as well as student unions for carrying out their social responsibility of complementing government efforts in ensuring all residents are appropriately enrolled in the exercise.

In the name of Almighty Allah, the Most Beneficent, the Most Merciful, I am delighted to launch the sixty (60) days emergency period of NIN and Voters Card Registration in Kano State.

Thank you all and God bless.

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out. Considering savings a regular expense, similar to groceries, is a great way to reinforce good savings habits.

CHOOSE SOMETHING TO SAVE FOR: One of the best ways to save money is to set a goal. Start by thinking of what you might want to save for anything from a down payment for a house to a vacation then figure out how long it might take you to save for it. Here are some examples of short and long-term goals:

Short-term (1–3 years)

- Emergency fund (3–9 months of living expenses, just in case)
- Vacation
- Down payment for a car

Long-term (4+ years)

- Retirement*
- Your child's education*
- Down payment on a home or a remodeling project
- *If you're saving for retirement or your child's education, consider putting that money into an investment account. While investments come with risks and can lose money, they also create the



opportunity for compounded returns if you plan for an event far in advance.

DECIDE ON YOUR PRIORITIES:

After your expenses and income, your goals are likely to have the biggest impact on how you save money. Be sure to remember long-term goals: it is important that planning for retirement doesn't take a back seat to shorter-term needs. Prioritizing goals can give you a clear idea of where to start saving. For example, if you know you're going to need to replace your car in the near future, you could start putting money away for one.

PICK A TOOL: If you're saving for short-term goals, consider using these Federal Deposit Insurance Corporation (FDIC)-insured deposit accounts:

Savings account

Certificate of deposit (CD), which locks in your money at a specific interest rate for a specific period of time

For long-term goals consider:

FDIC-insured individual retirement accounts (IRAs), which are tax-efficient savings accounts

MAKE SAVING AUTOMATIC:

Almost all banks offer automated transfers. You can choose when, how much and where to transfer money to, or even split your direct deposit between your salary and savings accounts. Automated transfers are a great way to save money since you don't have to think about it and it generally reduces the temptation to spend the money instead.

WATCH YOUR SAVINGS GROW:

Check your progress every month. Not only will this help you stick to your personal savings plan, but it also helps you identify and fix problems quickly. These simple ways to save money may even inspire you to save more and hit your goals faster.

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L-R: FCT Coordinator, NIMC Aigbokhai Kehinde J. presenting to the DG, National Orientation Agency (NOA) Dr. Garba Abari his National e ID card at the NOA office, Abuja



Second to the Right: Deputy Comptroller, Nigeria Immigration Service, Mr. Uba Isa Panshekara with Rivers State Coordinator after enrolling for his NIN at the NIMC State office



Big Brother Naija 2018 Winner, Miracle Igbokwe receives his NIN slip at the NIMC Headquarters



L-R: SM/Head Enrolment Centre, NIMC presenting to the Acting Chairman EFCC, Ibrahim Magu his National eID card at the EFCC Headquarters



DG/CEO NIMC with Head, Corporate Communications Unit, Loveday C. Ogbonna and other members of staff after a successful training on Multimedia audio/Visual production held at the training centre, Abuja

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Sokoto State Deputy Governor, Ahmad Aliyu Receives His National eID Card



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Director General, National Identity Management Commission (NIMC),
Engr. Aliyu Aziz, Daughter Zahra weds on The 7th of September, 2018.



Social Diary Social Diary Social Diary



Princess Nkoyo Iwok, DGM Procurement Unit, flanked by other Management staff on her birthday. We wish you blissful years ahead.



Mrs. Cecilia Yahaya former GM, Human Capital Management flanked by some Management staff, during her send forth Thanksgiving at the NIMC Chapel, Abuja.



Mrs. Augustina of SERVICOM with her colleagues on her birthday. Happy birthday to you, we wish you many more years.



Ms. Akinola B. Ajibola of Corporate Communications Unit, celebrates her birthday. A very Happy birthday to you.



Mr. Ikechukwu Emereze of Protocol Unit did it traditionally on the 8th of September, 2018. We wish the couple a happy married life.



Mariam Reuben of Legal Department married Mr. Emmanuel Olaoye on the 25th of August, 2018. We wish them a happy married life.

TUNJI DURODOLA- THE LINUX PROPHET

With robust practice in the digital world, illustrious digital career as a Technical Consultant in NIMC, Tunji Durodola sheds more light on the derivable benefits of PKI, an important product of NIMC.

The Public Key Infrastructure (PKI) is an essential component of any secure information security infrastructure in the world. “NIMC is fortunate to be the custodian of the National PKI on behalf of the Federal Republic of Nigeria and it therefore forms the central core of practically everything that it does from enrollment to card issuance, verification services to digitally signing documents and e-passports”.

PKI THE LOW HANGING FRUIT NIMC HAS PLUCKED

“NIMC can now beat her chest that it is offering world practice class services to all aspects of Nigeria business life” he stated. “Up till now, most private establishments rely on foreign organizations called ‘trusted authorities’ to get this kind of digital certificate” but because NIMC has implemented the infrastructure now for about 3-4 years and goes through a very rigorous annual audit, every year to make sure that it conforms with the international standard as the best

Tunji Durodola, Technical Consultant, NIMC



DERIVABLE BENEFITS OF THE PKI

“PKI can be used by both the public and the private sector standard organization or ISO to attest the authenticity of audit, every year to make sure that it conforms and complies with the international standard as the best

etc. and you want to do it securely in an encrypted fashion, then the PKI plays a very important role” he says.

“The prevalence of fraud and identity theft is on the exponential increase. It is important for one’s identity to be established, trusted, and verified and also be attested and this can be done from when the person enrolls” he affirmed.

“Once the person’s identity is assured, then a digital fingerprint can be assigned to that individual and then that can now be used to build levels of trust overtime, wherever the person goes”.

In the discharge of this initiative, Mr. Durodola did not exempt the possible challenges involved. “It is unfortunate that NIMC is somewhat seen as national identity card commission when it is much more than a piece of plastic. So the federal gov-

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ernment needs to pay more attention to enhancing the identities of literally every individual and rather than having so many disparate agencies doing practically the same thing, there should be one source where this is done.

He advised that “the government can put money into the harmonizing process, train the staff to world standard and then offer every other agencies that requires such services, a trusted token that they can use to verify or identify the person and then offer their own functional services”.

THE NICKNAME: LINUX PROPHET, HIS WORDS

OF ENCOURAGEMENT

Linux is an operating system which is not prone to the kind of risks of virus, worms normally associated with Windows. “Linux prophet was a nickname given to me in the late 90s and early 2000” he said.

For over a decade, “I have never regretted not using the Windows OS as I made a very conscious decision sometime in 2001 not to use the Windows XP”

Apart from his tight schedule at work, Mr. Durodola says he is so busy there is little or no time to unwind. “I listen to relaxing music, like classical music, new age and old school Yoruba music: the

likes of *Fela*, *Sunny Ade*, and *Ebenezer Obey* etc. and occasionally I play chess too”.

In conclusion, he said “I am actually very encouraged by the new focus that NIMC is getting in 2018 despite the dark clouds we experienced

between 2015-2017. It is a very exciting time for the Commission. It is also very encouraging to see the renewed focus, which is giving Nigeria a new prominence in the sector of identity management and taking the lead from other European countries and I give kudos to the DG”.

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identity in everyday transactions. It will also tackle challenges of ghost workers, combat corruption and make it more difficult for criminals to have multiple identities,” he said.

While appreciating the presence of various stakeholders at the programme, including government officials, Women and Youth Organizations, Non-Governmental Organizations (NGOs), as well as Students’ Unions, the Governor said the significance of the NIN cannot be overemphasized as it establishes the ‘Foundation

ty’ (revealing who you are) to allow service providing organisations confirm individual’s eligibility for a service, benefit or function in the country.

He consequently noted that his administration is supporting the activities of the National Identity Management Commission (NIMC), with the responsibility of registering residents of the state, and issuing them the National Identification Number, and hinted on the possibility of collaborating with the Commission in the production and issuance of the National e-ID Cards to the people of Kano State and possibly

the whole North-West region of the country.

“In addition, the Government is making effort to ensure that Kano State indigenes participate as key stakeholders in the forthcoming Ecosystem project, aimed at boosting the enrolment coverage and increasing the enrolment outlet, through private partnership arrangement.” he added.

Believe in yourself, work hard, work smart and passionately present your best self to the world.

-Hill Harper

PHYSICAL ACTIVITY AND HEALTH BENEFITS OF EXERCISE

Regular physical activity is one of the most important things you can do for your health.

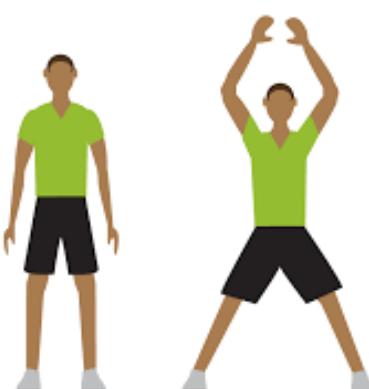
If you're not sure about becoming active or boosting your level of physical activity because you're afraid of getting hurt, the good news is that moderate-intensity aerobic activity, like brisk walking, is generally safe for most people.

Start slowly. Cardiac events, such as a heart attack, are rare during physical activity. But the risk does go up when you suddenly become much more active than usual. For example, you can put yourself at risk if you don't usually get much physical activity and then all of a sudden you start to engage in vigorous-intensity aerobic activity, like shoveling snow. That is why it is important to start slowly and gradually increase your level of activity.

If you have a chronic health condition such as arthritis, diabetes, or heart disease, talk to your doctor to find out if your condition limits, in any way, your ability to be active. Then, work with your doctor to come up with a physical activity plan that matches your abilities. If your condition stops you from meeting the minimum guidelines, try to do as much as you can. What is important is that you should avoid being inactive. Even 60 minutes a week of moderate-intensity aerobic activity is good for you.

The bottom line is – the health benefits of physical activity far outweighs the risks of getting hurt.

We have all heard it many times before “**regular exercise is good for you, and it can help you lose weight**”. The good news is that it's never too late to start. You can start slowly, and find ways to fit more physical activity into your busy schedule. To get the most benefit, you should try to get



the recommended amount of exercise for your age. If you can do it, the payoff is that you will feel better, help prevent or control many diseases, and likely even live longer.

What are the health benefits of exercise?

Help you control your weight. Along with diet, exercise plays an important role in controlling your weight and preventing obesity. To maintain your weight, the calories you eat and drink must equal the energy you burn. To lose weight, you must use more calories than you eat and drink.

Reduce your risk of heart diseases. Exercise strengthens your heart and improves your circulation.

The increased blood flow raises the oxygen level in your body. This helps lower your risk of heart diseases such as high cholesterol, coronary artery disease, and heart attack. Regular exercise can also lower your blood pressure and triglyceride levels.

Help your body manage blood sugar and insulin levels. Exercise can lower your blood sugar level and help your insulin work better. This can cut down your risk for metabolic syndrome and type 2 diabetes. And if you already have one of those diseases, exercise can help you to manage it.

Help you quit smoking. Exercise may make it easier to quit smoking by reducing your cravings and withdrawal symptoms. It can also help limit the weight you might gain when you stop smoking.

Improve your mental health and mood. During exercise, your body releases chemicals that can improve your mood and make you feel more relaxed. This can help you deal



BENEFITS OF EXERCISE *CONTINUED...*

with stress and reduce risk of depression. function. In women, exercise may increase sexual arousal.

- Help keep your thinking, learning, and judgment skills sharp as you age. Exercise stimulates your body to release protein and other chemicals that improve the structure and function of your brain.

• **Strengthen your bones and muscles.** Regular exercise can help kids and teens build strong bones. Later in life, it can also slow the loss of bone density that comes with age. Doing muscle-strengthening activities can help you increase or slow the loss of bone density that comes with age. Research has shown that doing muscle-strengthening activities can help you increase or maintain your muscle mass and strength.

Reduce your risk of some cancer: including colon, breast, uterine, and lung cancer.

• **Reduce your risk of falls.** For older adults, research shows that doing balance and muscle-strengthening activities in addition to moderate-intensity aerobic activity can help reduce your risk of falling.

• **Improve your sleep.** Exercise can help you to fall asleep faster and stay asleep longer.

Improve your sexual health. Regular exercise may lower the risk of erectile dysfunction (ED) in men. For those who already have ED, exercise may help improve their sexual

- **Increase your chances of living longer.** Studies show that physical activity can reduce your risk of dying early from the leading causes of death, like heart disease and some types of cancer.

gress. Keeping a log of your activities or using a fitness tracker may help you set goals and stay motivated.

- Make exercise more fun. Try listening to music or watching TV while you exercise. Also, mix things up a little bit - if you stick with just one type of exercise, you might get bored. Try doing a combination of activities.

Find activities that you can do even when the weather is bad. You can walk in a mall, climb stairs, or work out in a gym even if the weather stops you from exercising outside.



HOW TO MAKE EXERCISE A PART OF YOUR ROUTINE

- Make everyday activities more active. Even small changes can help. You can take the stairs instead of the elevator. Walk down the hall to a coworker's office instead of sending an email. Wash the car yourself. Park further away from your destination.

- Be active with friends and family. Having a workout partner may make you more likely to enjoy exercise. You can also plan social activities that involve exercise. You might also consider joining an exercise group or class, such as a dance class, hiking club, or volleyball team.

- Keep track of your pro-

15 FRUITS THAT CAN BOOST YOUR IMMUNE SYSTEM

Feeding your body certain foods may help keep your immune system strong. Plan your meals to include these 15 powerful immune system boosters.

CITRUS FRUITS: Popular citrus fruits include: grapefruit, oranges, lemons, tangerines, limes

RED BELL PEPPERS (They also help to maintain healthy eyes and skin)

BROCCOLI

GINGER

SPINACH

GARLIC

YOGHURT

ALMONDS

TUMERIC

GREEN TEA

KIWI

PAPAYA

POULTRY

SUNFLOWER SEEDS

SHELLFISH: Varieties of shellfish include: crabs, mussels, lobster, clams.