

Exercise Your Right to

Be More Physically Active



Your body wants to move!

Your body wants to groove...twist, jump, run

Get moving – any movement is physical activity! Your body is not designed to sit around all day. Besides looking and feeling better, regular physical activity benefits you in many ways. It helps:

- Turn energy from food into fuel for muscles
- Strengthen muscles and bones
- Shape and firm your body
- Condition your heart and lungs and improve circulation
- Increase your energy level
- Lower blood pressure and cholesterol
- Lower the risk of heart disease and type 2 diabetes
- Improved brain function
- Lengthen your life!

Getting started with physical activity:

It's okay to start out slowly and build up to a regular routine. Keep in mind these important facts as you go:

- Some activity is better than none
- Benefits begin with as little as 10 minutes at a time
- The more active you are the better
- The more muscles you move the greater the effect
- Special clothing and equipment are not necessary

You've got a lot of energy you're storing inside!

Burn off energy in a way that works for you:

- Choose physical activities you enjoy
- Find time that fits into your day
- Do it alone or with family or friends

Maximize health benefits with two types of physical activity:

Aerobic activity like brisk walking or riding a bike makes your heart beat faster and your lungs work harder - aim for 30 minutes, 5 days per week.

Muscle strengthening activity includes resistance and weight bearing exercises like push-ups, sit ups, lifting weights, and resistance bands. Repeat each exercise 10 to 12 times - do muscle strengthening 2 times per week.

Move those muscles, break a sweat!

Start with moderate physical activity:

- Take a brisk 10 minute walk in the morning, at lunch, and after dinner
- Run or bike by yourself or with a buddy
- Dance or do water aerobics – the more people the merrier!
- Chores galore count as well – clean the house, weed the garden, or mow the lawn (no riding) or shovel snow!
- Do exercises while watching television – try lifting weights (or soup cans) or riding a stationary bike

Take the next step – get ½ hour of physical activity every day:

Keep a record to track your progress:

- Adults need 30 minutes of moderate physical activity most days (at least 150 minutes a week)
- Children and adolescents need 60 minutes of moderate physical activity every day

When you are comfortable doing 30 minutes of moderate activity, exercise longer or more vigorously to get even greater benefits!