



## Types of Exercise:

### Aerobic Activity:

150 minutes of moderate intensity activity per week  
 Meet this with 30-60 minutes of moderate activity (i.e. walking, dancing, gardening) 5 days per week OR 20-60 minutes of vigorous activity (i.e. running, bicycling, swimming laps) 3 days per week

### Strength/Resistance:

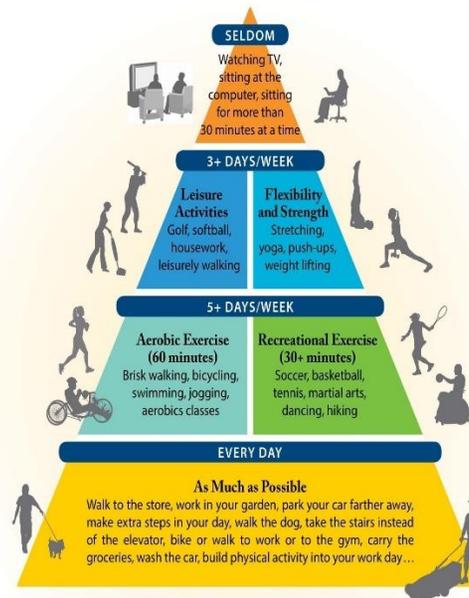
Train each major muscle group with weight lifting 2 or 3 days per week, with 8-12 repetitions of each exercise to improve strength 2 to 4 sets, (examples: standing press, bench press, squats, curls, dead lift)

### Flexibility:

2 or 3 days per week to improve range of motion, hold each stretch for 10-30 seconds, repeat each stretch 2-4 times (examples: sit & reach, hamstring stretch, shoulder stretch, calf stretch)

## Physical Activity Pyramid

Be creative in finding ways to stay active!



## Getting Involved As...

### An Individual:

Know your numbers: weight, blood pressure, cholesterol  
 Serve as an exercise buddy  
 Donate to issue organization

### A Business:

Support worksite wellness  
 Have insurance incentive for fitness

### A Community Member:

Join physical activity coalition  
 Make voice heard in local meetings

### A Government:

Have policies & media that promote use of public recreation  
 Invest in recreational sites and facilities

# Movement As Medicine

*Be active your way.*

*Start taking steps to  
improve your health  
today!*



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## Small steps for great strides in fitness & health!

- Less screen time (TV, phone)
- Exercise to a work out video or YouTube
- Get a pedometer and aim for 10,000 steps or more daily
- Play music and dance around the house
- Take the dog for a walk often
- Do house work regularly
- Join a recreational sports team
- Form or join a walking club
- Do calisthenics at home (push-ups, planks, crunches, squats, lunges, jumping jacks)
- Use resistance bands or towels for isometrics at home
- Learn to do chair exercises if you have limited mobility
- Stand instead of sitting at work desk or in meetings
- Take a walk during coffee or lunch breaks
- Take stairs instead of elevator
- Park farther away from destination and walk

For more information:

CDC Physical Activity

[www.cdc.gov/physicalactivity](http://www.cdc.gov/physicalactivity)



*A healthier  
lifestyle, and a  
healthier state of  
mind.*



## *Benefits of Exercise:*

### **BODY**

Strengthen muscles and bones  
Increase your energy  
Improve your immune system  
Control your weight  
Reduce cardiovascular risks (heart attack, lower blood pressure & cholesterol)  
Reduce risks of some cancers...breast, colon, rectum  
Reduce risks of metabolic diseases, like diabetes type 2  
Lower risk of falls by improving balance

### **MENTAL/EMOTIONAL/SOCIAL**

Exercise may block negative thoughts or distract you from daily worries  
Exercising with others provides an opportunity for increased social contact and connection  
Increased fitness may lift your mood or lower stress and improve your sleep patterns  
Exercise may also change levels of chemicals in your brain, such as "feel good" serotonin and endorphins and stress-related cortisol hormones  
Increase self-esteem and self-confidence as achieve personal goals for well-being