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# LET'S GET MOVING!

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## WHAT KINDS OF PHYSICAL ACTIVITY DO YOU LIKE?

Write down some exercises/activities you find enjoyable.



*Ex. playing basketball*

\_\_\_\_\_

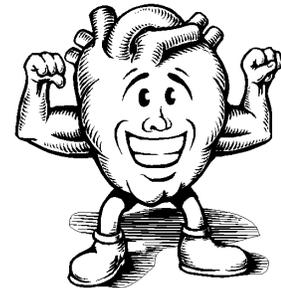
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## **BENEFITS OF EXERCISE:**

- Reduces risk of diseases like heart disease, stroke, and diabetes
- Can improve blood pressure and cholesterol levels
- May help you sleep better
- Can improve mood and mental health
- Help with weight loss or weight maintenance
- Strengthen bones and muscles
- May increase energy levels
- It can be fun and make you feel good!



## **PHYSICAL ACTIVITY RECOMMENDATIONS FOR ADULTS (18-64 YEARS):**

Adults should do **2 hours and 30 minutes** of aerobic ("cardio") activity every week

**AND**

muscle-strengthening activities on **2 or more days** a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms)

\*\*\* Each activity should be done for **at least 10 minutes at a time.** \*\*\*

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**THERE ARE MANY DIFFERENT TYPES OF EXERCISE.**

Let's focus on two kinds:

**AEROBIC** exercise is also known as "cardio" and is any physical activity that makes you sweat, causes you to breathe harder, and gets your heart beating faster than at rest. This kind of exercise increases the amount of oxygen in the blood and strengthens the heart and lungs.

Ex:

- elliptical machines
- spinning
- walking, jogging, running
- swimming
- hiking
- aerobics classes
- dancing
- kickboxing



## **MUSCLE-STRENGTHENING**

activities make muscles work harder than usual. These kinds of activities should be performed to the point at which it would be difficult to do another repetition without help. Muscle-strengthening activity increases bone strength and muscular fitness and can help maintain muscle mass during weight loss.

Ex:

- push ups, pull ups, sit ups
- carrying heavy loads
- heavy gardening (such as digging)
- weight lifting
- resistance band training



# LET'S GET MOVING!

ARE YOU CURRENTLY MEETING THE RECOMMENDATIONS FOR WEEKLY PHYSICAL ACTIVITY?

YES

NO

If no, list some obstacles you encounter. Then list possible solutions.

Barriers to Exercise	Solutions
<i>Ex. I have young kids</i>	<i>Play a game of chase or go on a scavenger hunt</i>

## 6 TIPS TO KEEP YOU MOVING!

1. Set goals and review them often
2. Get support. Tell someone about your plan or find a workout partner.
3. Track your progress. Consider keeping a journal or using an app to record your physical activity.



4. Be patient
5. Look ahead
6. Don't give up!



**All adults should avoid inactivity. Some physical activity is better than none, and adults who participate in any amount of physical activity gain some health benefits.**

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**IMPORTANT!**



## ARE YOU READY TO GET MOVING?

Ask yourself these questions:

**How long has it been since you've been physically active?** \_\_\_\_\_

*If you haven't been active in a while, start slowly and build up. Choose activities that are appropriate for your fitness level.*

**How much time can I set aside to do physical activity?** \_\_\_\_\_

*Whether it's per day or per week, be realistic.*

**Do I have a safe place to do physical activity?** \_\_\_\_\_

*Also, be sure you have the right safety gear and sports equipment.*

**Do I have any reason not to become more physically active?** \_\_\_\_\_

*Remember, physical activity and nutrition work together for better health. Being active increases the amount of calories burned. As people age their metabolism slows, so maintaining energy balance requires moving more and eating less.*



## REMEMBER TO STAY HYDRATED!

Drink more water, the liquid your body needs.

## YOU KNOW YOUR BODY BEST.

If you don't feel right, stop your activity. Seek help if you experience:

- *Extreme shortness of breath*
- *Dizziness*
- *Pain, tightness or pressure in chest, neck, or arm*



# PHYSICAL ACTIVITY

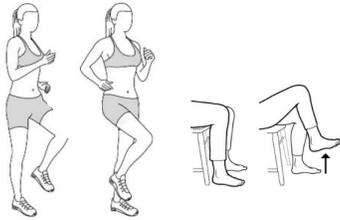
INSERT

## GROUP PHYSICAL ACTIVITY SESSION (~10 minutes)

### WARM UP (~2-3 minutes)

- ◆ Complete 10 repetitions of each movement.
- ◆ Modify by choosing to sit in a chair or stand.

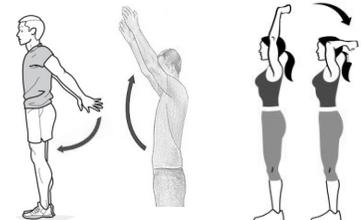
#### 1. March in place



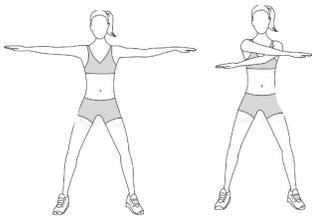
#### 2. Forward leg kicks



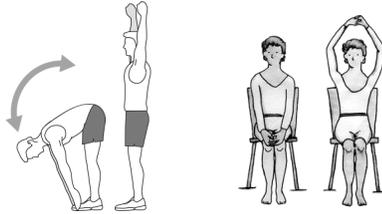
#### 3. Overhead arm swings



#### 4. Arm flaps

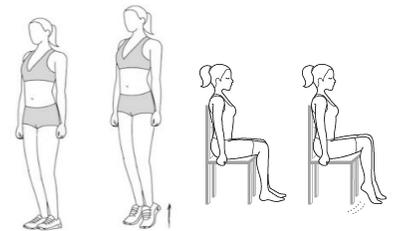


#### 5. Knee touch and reach



\*may choose to touch knees or toes

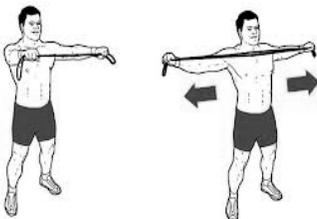
#### 6. Calf raises



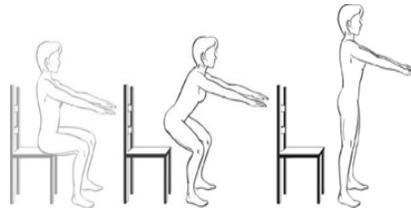
### BANDED WORKOUT (~3 minutes)

- ◆ Set timer for 30 seconds of each movement.
- ◆ Modify by choosing to sit in a chair or stand. Adjust bands accordingly.
- ◆ March in place if unable to do a certain movement. Just keep moving!

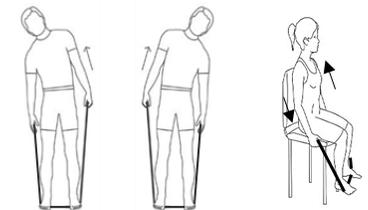
#### 1. Pull-aparts with band



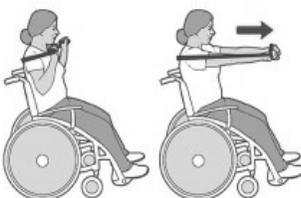
#### 2. Sit & stand with chair



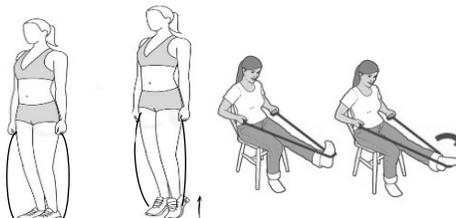
#### 3. Side bends with band



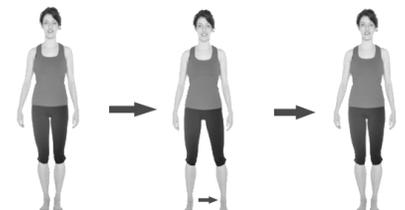
#### 4. Chest press with band



#### 5. Calf presses with band



#### 6. Cardio! Side step



# PHYSICAL ACTIVITY

INSERT

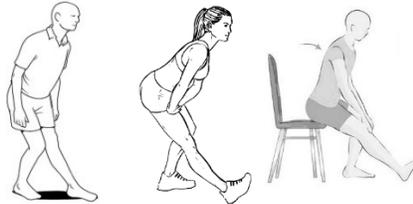
## COOL DOWN (~2-3 minutes)

- ◆ Hold stretch (left and right sides) for 15 seconds each.
- ◆ Modify by choosing to sit in a chair or stand.

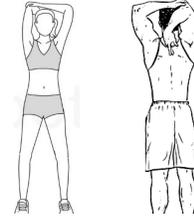
### 1. Arm across chest



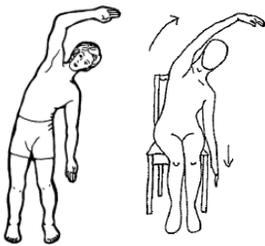
### 2. Hamstring stretch



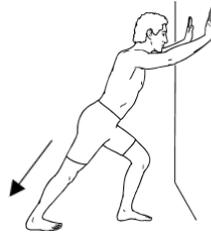
### 3. Triceps stretch



### 4. Side reach



### 5. Calf stretch



### 6. Knee hugs



## ESTIMATED CALORIES BURNED IN 30 MIN. OF COMMON EXERCISES

ACTIVITY	125-Pound Person	155-Pound Person	185-Pound Person
Weight Lifting: general	90	112	133
Step Aerobics: low-impact	210	260	311
Elliptical trainer: general	270	335	400
Volleyball: non-competitive, general play	90	112	133
Walking: 3.5mph (17min/mi)	120	149	178
Dancing: disco, ballroom, square	165	205	244
Hiking	180	223	266
Swimming: general	180	223	266
Soccer	210	260	311
Basketball: playing a game	240	298	355
Running: 5mph (12 min/mi)	240	298	355
Jumping rope	300	372	444
Gardening: general	135	167	200
Heavy cleaning: washing car, windows	135	167	200
Child games: hopscotch, hide & seek	150	186	222
Snorkeling	150	186	222
Circuit Training: general	240	298	355
Frisbee	90	112	133