

## BOSTON-AREA RESOURCES:

- **Hubway** [www.thehubway.com](http://www.thehubway.com)
- **YMCAs** [www.ymca.org](http://www.ymca.org)
- **Your local sports club**

## KEY POINTS:

- A brisk 25-minute walk per day will promote heart health
- Incorporating strength training exercises will help you lose weight
- Including friends or family in your goals helps you reach them
- Set small activity goals to improve overall fitness:
  - Park farther away and walk to your destination
  - Take the stairs—always walk down, get off the elevator one floor before yours and walk up.
  - Pace or walk around the house when making phone calls
  - Get off the bus or train one stop before yours and walk the rest of the way
  - Stretch or walk around the house during TV commercial breaks
  - Make trips to the water cooler every hour during work to stay hydrated

### Quick Tips for Better Workouts:

- **Make It Social**
  - Walk with a coworker during lunch
  - Exercise with a friend
  - Take your dog to walk or run in the park
- **Make It Fun**
  - Turn on music while doing chores and dance from room to room.
  - Get a pedometer and challenge yourself to a certain number of steps each day.
- **Make It Last**
  - Start slow and gradually increase your activity level.
  - Schedule time for physical activity on your calendar.
  - Hold yourself accountable.
- **Safety Check**
  - Stop if you feel pain, discomfort, nausea, dizziness, or chest pain. Let your body set your limits.
  - Include a warm up, stretch and cool down for each activity
  - Drink plenty of water
  - Wear comfortable and appropriate clothing

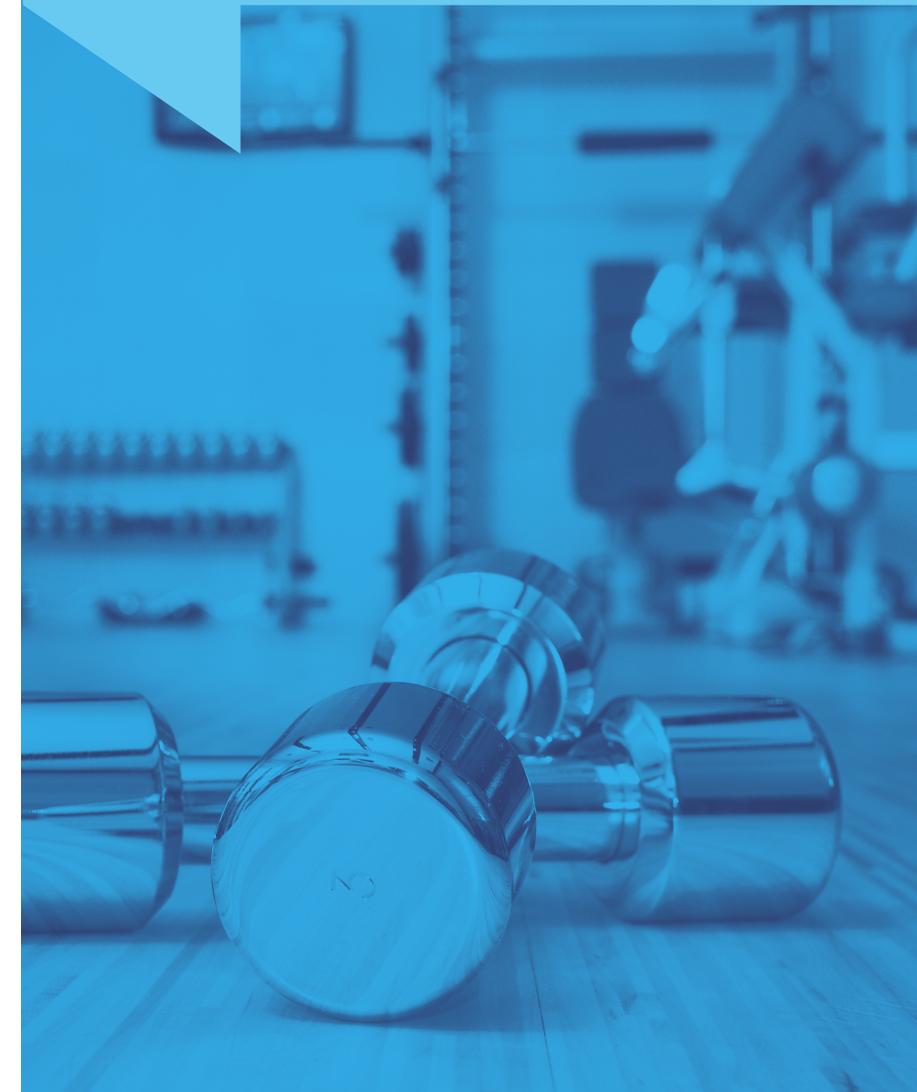


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# GETTING ACTIVE

Tips from the ***Take Charge of Your Health!*** series



Physical activity can be broken down into three categories: aerobic activity, strength training exercises and flexibility.

## CDC GUIDELINES RECOMMEND:

150 minutes of moderate aerobic activity every week *and* muscle strengthening exercises 2 days a week

OR

75 minutes of vigorous activity every week *and* muscle strengthening exercises 2 days a week

OR

An equivalent mix of moderate and vigorous aerobic activity *and* muscle strengthening 2 days a week

Good rule of thumb: 1 minute of vigorous aerobic activity = 2 minutes of moderate aerobic activity.

## AEROBIC ACTIVITY:

“Moderate–vigorous” activity gets your heart rate up and causes you to break a sweat. When performing these exercise you will find it easy to talk, but you will not be able to sing.

### Moderate activities:

Walking at a brisk pace

Biking on level terrain or with few hills

Water aerobics

Yoga

Baseball, softball

### Vigorous activities:

Jogging, running

Bicycling on steep terrain

Backpacking/hiking/mountain climbing

Step aerobics

Most competitive sports: basketball, soccer, rugby, football, etc.

## STRENGTH TRAINING EXERCISES:

### Vocabulary

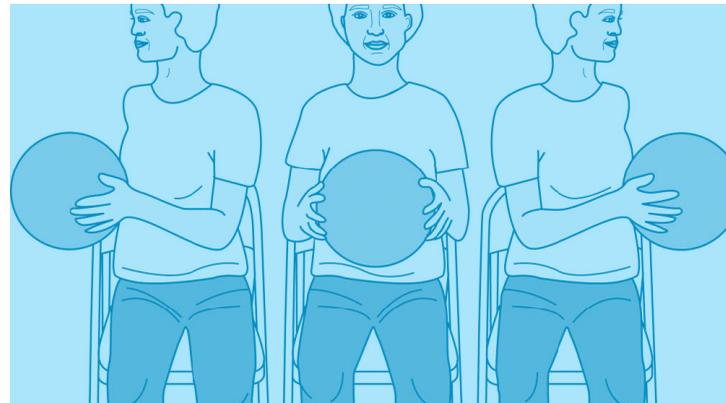
- **Repetition.** One complete cycle of an activity (i.e. a push-up or squat)
- **Set.** A series of 8-12 repetitions of a muscle strengthening exercise
- **Strength training exercises.** Work the following muscle groups:

- Legs
- Chest
- Shoulders
- Back
- Abdomen
- Arms
- Hips

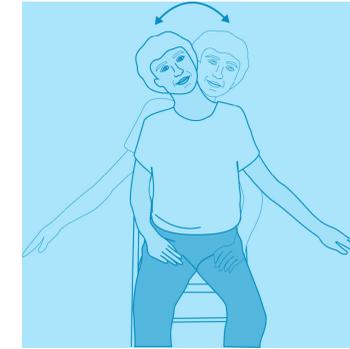
## FLEXIBILITY:

Flexibility “enhances the ability of a joint to move through its full range of motion” (CDC). Key areas to focus on include: neck, shoulders, back, and hips (especially if you work at a desk).

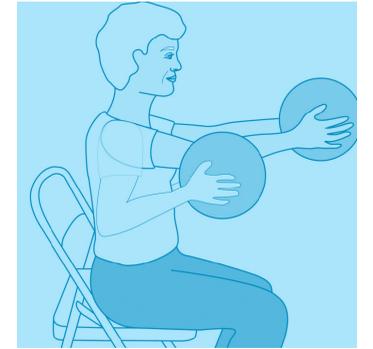
## SEATED EXERCISES FOR FLEXIBILITY AND STRENGTH:



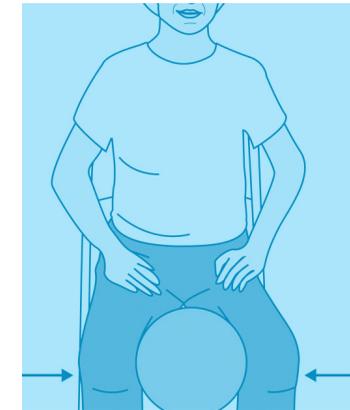
Sit tall and twist holding a ball, towel, or waterbottle.



Sit tall, extend on arm. Drop your ear to the opposite shoulder.



Reach forward and pull back.



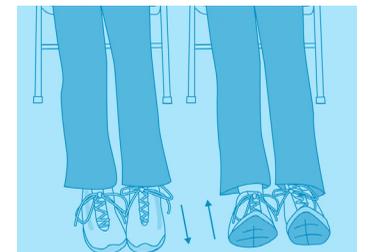
Squeeze your knees.



Sit tall, lift your knee to meet your elbow.



Feet flat on the floor, slide one forward and extended your leg.



Point your toes to the floor, point your toes to the ceiling.

*Pictures provided by the Department of Foods and Nutrition, The University of Georgia*