

Healthy Moving, Healthy You

Physical activity is an important part in building a healthy lifestyle. In addition to weight loss, exercise can lead to a reduced risk of cardiovascular disease and type 2 diabetes. When starting an exercise routine it is important to set realistic and achievable goals. Start with simple exercises and gradually work to increase the intensity and duration to avoid the risk of injury. Try incorporating a mixture of programmed, lifestyle, and work activities to maximize your health benefits.

Programmed Activities

Aerobic

- Walk, Jog, Run, Bike
- Stair Climb
- Swim
- Dance
- Roller or Ice Skate
- Treadmill or Elliptical
- Sports

Strength Training

- Free Weights
- Resistance Bands
- Sit-ups, Push-ups, Pull-ups
- Circuit Machines
- Medicine or Balance Balls

Flexibility

- Stretching
- Yoga

Lifestyle Activities

- Walk or ride a bicycle for transportation instead of using a car or bus
- Push mow the grass, rake leaves, pick weeds, garden
- Walk the dog
- Wash your car by hand
- Park away from stores and walk the extra distance
- March in place during commercials
- Clean your house
- Babysit and actively play with children

Work Activities

- Take the stairs instead of the elevator
- Stand up while you're on the telephone
- Walk down the hall to talk to a coworker instead of emailing or calling them
- Practice stretching and flexibility exercise at your desk
- Set aside time to walk during your lunch break



Aim for at least **30 minutes** of programmed physical activity every day!

Tips on Getting Started

Find activities you enjoy: When we enjoy an activity, we make it a part of our lives. The best activity is one that you enjoy because you will be able to make it into a regular routine.

Choose the right time: Some of us are naturally morning people while others prefer to be active at the end of the day. When incorporating physical activity into your day, pick a time that works best for your schedule.

Discover your "why": Goals can motivate us if we choose the right ones. Think critically about why you want to increase your physical activity and use that as motivation.

Find a support group: Find friends or family members with the same physical activity goals as you. You can join a class together or just plan to meet for a neighborhood walk.

Keep a record: Keep track of your activity in minutes per day or steps on a pedometer. Phone apps can also be an easy way to record your activity.

Stick with it: Research suggests that it takes about 21 days for a behavior to become habit. If you want to start walking more, make a plan to walk 30 minutes a day for 21 days!