

Get out and Move



Physical activity helps you feel stronger and more alive. It is a fun way to be with your family and friends. It will also improve your health.

You should set a goal of at least 150 minutes of moderate intensity or 75 minutes of vigorous intensity physical activity per week. Try to be active for at least 10 minutes at a time.

Types of Activities

Aerobic activities are important for your health. These are activities like brisk walking, biking, swimming or dancing. Other activities include playing with your children or your grandchildren. Strength and balance activities help build strong muscles and bones and may prevent falls.

- Choose muscle strengthening activities for all parts of the body—legs, hips, back, chest, abdomen, shoulders and arms – at least 2 days a week.
- Examples are lifting weights, push-ups, heavy gardening (digging, shoveling), or carrying groceries.
- Each exercise should be repeated 8-12 times per session.
- Start with no or light weights and build up at your own pace.

Activities to Fit Your Lifestyle

Exercise does not have to be planned. Think of all the ways you can be active during your day.

- Walk or ride a bike for transportation.
- Take the stairs instead of the elevator.
- Park at the far end of the parking lot and walk.
- Get off the bus one stop early and walk the rest of the way.
- Walk your dog, or borrow someone else's dog.
- Take a brisk walk while you are shopping at the mall.
- Walk to your mailbox.
- Mow the grass. Rake the leaves. Weed the garden.
- Dance whenever you can.
- Wash your car.
- Vacuum or sweep the floor often.
- Get up to change the TV channel, don't use the remote.
- March in place during TV commercials.
- Stretch or do chair exercises while watching TV.
- Stand up and step in place while using the phone.
- Walk down the hall to talk to a coworker instead of using the phone or sending an email.
- On work breaks, take a 5-10 minute walk.
- If you play golf, walk every hole.



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Benefits of Regular Physical Activity

- Helps you manage your weight
- Reduces your risk of coronary heart disease
- Reduces your risk of stroke
- Decreases blood pressure
- Reduces your risk of colon cancer
- Helps prevent and control diabetes
- May decrease "bad" (LDL) cholesterol and raise "good" (HDL) cholesterol
- Helps you sleep better
- Strengthens bones and helps prevent injury
- Increases muscular strength and endurance
- Increases flexibility and range of motion
- Improves your mood
- Helps with stress and depression
- Makes you feel better



Getting outside has benefits!

Research shows that spending time outdoors has many positive effects on your health.

Summer in Utah is enjoyed in many ways, such as walking, running, hiking, biking, horseback riding, boating, kayaking and swimming. Studies show that even less vigorous activities, such as fishing, picnicking, camping, barbecuing or reading a good book on the porch, are healthier than being indoors.

Please consider the following benefits of spending time outdoors:

- **Nature's vitamin D.** Current research suggests that vitamin D (the "sunshine vitamin") may offer significant disease-prevention and healing powers for osteoporosis, some forms of cancer and heart disease.
- **Improved mental health.** It is well documented that light affects mood. So unless you live in a glass house or a light box, getting outdoors is important to your mental health. Furthermore, studies show that exercising outdoors in nature, even for as little as five to 10 minutes, has additional mental health benefits.
- **Improved breathing.** In general, breathing fresh air is good for you. Of course, that's probably not true for people with severe allergy problems when the pollen count is high; even then, it may be better to take allergy medicine and enjoy the benefits of being outdoors than to be stuck inside.



Take advantage of our beautiful state and get outside!

For more information on physical activity for adults, please visit

<http://www.health.gov/paguidelines>.



Sources: <http://www.prevention.va.gov/>
www.move.va.gov

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