7 BENEFITS OF EXERCISE

- Improves your mood
- Combats chronic diseases
- Helps you manage your weight
- Strengthens your heart and lungs
- Promotes better sleep
- Can put the spark back in your sex life
- Can be FUN!!

http://www.mayoclinic.com/health/exercise/HQ01676

TIPS FOR BEING MORE ACTIVE

- Walk, cycle, jog, or skate to work, school, the store, or place of worship
- Park farther away
- Get on/off bus several blocks away
- Take the stairs
- Play with children or pets
- Take fitness breaks (walking or doing desk exercises) instead of cigarette or coffee breaks
- Perform gardening or home repairs
- Exercise while watching TV
- Dance
- Avoid labor-saving devices-turn off the self-propel option on your lawn mower or vacuum cleaner
- Keep a pair of comfortable walking or running shoes in your car and office
- Make a Saturday morning walk a group habit

http://www.cdc.gov/nccdphp/dnpa/physical/everyone/get_active/

REFERENCES

All information obtained from:
www.nhlbi.nih.gov
www.mayoclinic.com
www.cdc.gov

WARNING

Consult with your physician before beginning any exercise program. Ask your physical therapist which exercises are most appropriate for you.
PHYSICAL ACTIVITY (PA) RECOMMENDATIONS

According to ACSM 2015, adults should strive for:

1. >30 min of moderate intensity PA 5+ days/ wk (>150 min/wk) OR >20 min of vigorous-intensity PA 3+ days/wk (>75 min/wk)
2. Resistance exercise of each major muscle group 2-3 times/wk, as well as balance and coordination training
3. Flexibility exercises for each major muscle tendon group (60s each) on > 2 days/wk

EXERCISE PRESCRIBED BY CALORIES BURNED/WEEK:

<table>
<thead>
<tr>
<th>If your goal is:</th>
<th>You need to burn this many calories per week:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Improved fitness</td>
<td>100-1,000</td>
</tr>
<tr>
<td>Optimal Weight Loss</td>
<td>1,200-1,800</td>
</tr>
<tr>
<td>Maximize heart and lung disease prevention</td>
<td>2,000</td>
</tr>
<tr>
<td>Regression of atherosclerosis</td>
<td>2,200</td>
</tr>
</tbody>
</table>

NOTE

On average, regularly participating in one or more moderate-intensity or vigorous-intensity activities is required to burn a minimum of 150 calories per day, 7 days/wk, or 1,000 calories/wk

EXAMPLES OF MODERATE AMOUNTS OF ACTIVITY: BURNS 150 CALORIES

- Washing and waxing a car for 45-60 minutes
- Washing windows or floors for 45-60 minutes
- Playing volleyball for 45 minutes
- Playing touch football for 30-45 minutes
- Gardening for 30-45 minutes
- Wheeling self in wheelchair for 30-40 minutes
- Walking 1 3/4 miles in 35 minutes (20 min/mile)
- Basketball (shooting baskets) for 30 minutes
- Bicycling 5 miles in 30 minutes
- Dancing fast (social) for 30 minutes
- Pushing a stroller 1 1/2 miles in 30 minutes
- Raking leaves for 30 minutes
- Walking 2 miles in 30 minutes (15 min/mile)
- Water aerobics for 30 minutes
- Swimming laps for 20 minutes
- Wheelchair basketball for 20 minutes
- Basketball (playing a game) for 15-20 minutes
- Bicycling 4 miles in 15 minutes
- Jumping rope for 15 minutes
- Running 1 1/2 miles in 15 minutes (10 min/mile)
- Shoveling snow for 15 minutes
- Stair walking for 15 minutes

http://www.cdc.gov/nccdphp/dnpa/physical/everyone/recommendations/index.htm
http://www.cdc.gov/nccdphp/sgr/ataaglan.htm