BOSTON-AREA RESOURCES:
- Hubway www.thehubway.com
- YMCAs 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
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
  - Back
  - Hips
  - Chest
  - Abdomen
  - Shoulders
  - Arms

**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 extend 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*