



## Physical Activity

Physical activity is anything that gets your body moving. It can benefit people of all ages, shapes, sizes, and abilities.

The benefits of regular physical activity are remarkable and plentiful. Take note of a few:

- Reduces the risk of dying from coronary heart disease and developing high blood pressure, colon cancer, and diabetes
- Reduces symptoms of anxiety and depression and fosters improvement in mood and feelings of well-being
- Helps control weight, develop lean muscle, and reduce body fat
- Improves your overall health and fitness
- Increases your chances of living longer
- Improves your cholesterol and your blood pressure

### Every Little Bit Counts!

Fitting regular exercise into your daily schedule may seem difficult at first. Experts say 30-60 minutes of physical activity offers many health benefits. Adding activity into your life may be easier than you think. Here are some tips:

- Spread your activity out during the week so you don't have to do it all at once
- Break it up into smaller chunks of time during the day. 10 minutes at a time is fine
- Park farther away from your destination
- Skip the elevator and take the stairs
- Turn household chores into a workout

### When should I start?

Now! If you're not sure about becoming active because you're afraid of getting hurt, or even if you haven't exercised in a long time, it's never too late to get started. The good news is that moderate-intensity aerobic activity, like brisk walking, is generally safe for most people. The benefits far outweigh the risks of getting hurt!

If you have chronic health problems, such as heart disease, diabetes, arthritis, or are at high risk for these conditions, consult your physician before beginning a new program of physical activity.



## How much physical activity do I need?

The amount of physical activity you need depends on the results you want to achieve. As a general rule of thumb, how much you need depends on your age. You need to do two types of physical activity each week to improve your health- aerobic activity and muscle strengthening.

**Aerobic Activity** also called endurance activity improves cardiorespiratory fitness. It gets you breathing harder and your heart beating faster. It works your heart but not so hard that you cannot talk while you exercise. Examples include: walking, running, swimming and bicycling.

**Muscle Strengthening** also called strength training makes your muscles stronger. Examples include: lifting weights, working with resistance bands, push-ups and sit-ups.

The TakeCare Wellness Team has made this pamphlet available to help you understand information about your health. This pamphlet includes general wellness and health information and is not meant to replace the advice of your doctor or health care provider. If you are under medical care and have concerns, always follow your doctor's recommendations.

For more information about your health, ask your health care provider.

Age Group	Aerobic Activity	Muscle Strengthening
Young Children (2-5 years)	Should Play Actively	Several Times a Day
Children & Adolescents (6-17 years)	60 mins/day	3 days/week
Adults (18-64 years)	150 mins/week	2 days/week
Older Adults (65 years or older)	150 mins/week	2 days/week

## References

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