

Fitting In Exercise

Physical fitness is important for your health and well-being. But, when the days are a blur of work, household chores, errands, and time with family and friends, it's hard to find the time.

Don't like exercising at a gym?

Try getting some home equipment for less than \$125:

- ▶ Jump rope
- ▶ Resistance bands
- ▶ 1-2 sets of free weights
- ▶ Yoga mat
- ▶ Check out online videos

WE LOVE
Pop Sugar and
Fitness Blender
exercise classes
on YouTube!

Healthy Recommendations

For most adults, the Department of Health and Human Services recommends these exercise guidelines:

Aerobic Activity

Get at least 150 minutes of moderate aerobic activity or 75 minutes of vigorous aerobic activity a week. The guidelines suggest that you spread out this activity during the course of a week. More days of physical activity, even in small amounts, is better than more days of being sedentary.

Strength Training

Do strength training exercises for all major muscle groups at least two times a week. Aim to do at least a single set of each exercise, using a weight or resistance level heavy enough to tire your muscles after about 12 to 15 repetitions.

Exercise is IMPORTANT!

Ideally, humans want to move more than sit/lie/stand still.

Ensuring at least 5-10 minutes of activity every hour will keep you on track! We know that exercise reduces stress, improves mental health, burns excess calories, builds muscle mass, reduces the risk of chronic illness, and improves sleep health.



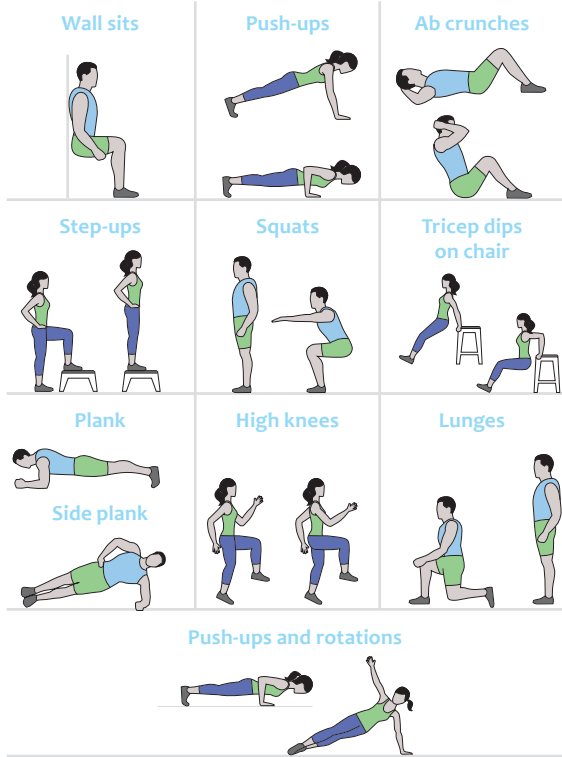
Making a Commitment

- ▶ Put it in the calendar
- ▶ Plan your free time to include movement
- ▶ Join a gym or online exercise program
- ▶ Take a walk after dinner – including kids is a great way to teach them healthy lifestyles at a young age
- ▶ Plan active outings
- ▶ Break up exercise if 30-45 minutes in a single block is too difficult
- ▶ Wake up 25 minutes earlier and get it done first thing in the AM
- ▶ Make chores count with a faster pace (WIN-WIN by saving time too!)
- ▶ Take the stairs and park farther away from destinations

Be realistic! One person's running is another person's yoga, weight training, or dance. Make exercise easier on yourself by choosing a form of exercise that fits your lifestyle, personality, and taste.

The 7-Minute Workout

30-second duration for each exercise, with **10-second** breaks in between.



Walking the Walk

Checklist to get you started on the right foot:

- ✓ Invest in a good shoe
- ✓ Be aware of your walking posture
- ✓ Always warm up, stretch, and cool down
- ✓ Use a pedometer, and aim for 10,000 steps a day

