

Fitness is Fun – Especially when you do it together!!

Why exercise?

- Healthy heart, lungs and muscles – feels good to be strong
- More energy
- Sleep better
- Prevent disease, obesity

Several types of exercises are important for your body

- **Aerobic** exercise increases your heart rate and makes you breathe hard. 2 – 3 times per week for 20 minutes
- **Strength training** increases the amount of muscle in your body and burns more calories. 1 -2 times per week for 20 minutes
- **Flexibility/stretching** work allows you to recover after exercise and stay loose. Every day for 5 minutes, but only after moving around a bit first

What can you do?

- Aerobic - Jump rope, play basketball, toss balls to each other, jumping jacks with a ball in your hands to make it harder, jump over your basketball while it is on the ground, high knee lifts
- Strength training - Lunges, squats, push-ups, core lifts, step ups on a step or box
- Stretches - Touch hands behind your back, on toe on bench or chair and stretch legs, arms overhead, hands on knees with a flat back

Other Important things to Remember

- Eat a little bit before you work out if it has been 2 -3 hours since your last meal – food is fuel. Banana, piece of toast, not protein (meat, chicken etc)
- DRINK water before, during and after. Unless you do aerobic exercise for over an hour, you need nothing more than water. Sports drinks are mostly sugar.
- Start gradually so you don't hurt yourself.
- Something is always better than nothing – 5 minutes helps and will make you feel better.
- HAVE FUN!!!!

Physical Activity Guidelines for Healthy Adults Under Age 65

The [American College of Sports Medicine](#) (ACSM) and the [American Heart Association](#) (AHA) released updated physical activity guidelines in 2007. These guidelines outline exercise recommendations for healthy adults and older adults and are an update from the 1995 guidelines.

Do moderately intense cardio 30 minutes a day, five days a week **Or** Do vigorously intense cardio 20 minutes a day, 3 days a week **And** Do eight to 10 strength-training exercises, eight to 12 repetitions of each exercise twice a week.

Moderate-intensity physical activity means working hard enough to raise your heart rate and break a sweat, yet still being able to carry on a conversation. It should be noted that to lose weight or maintain weight loss, 60 to 90 minutes of physical activity may be necessary. The 30-minute recommendation is for the average healthy adult to maintain health and reduce the risk for chronic disease.

Please see:

http://www.acsm.org/AM/Template.cfm?Section=Home_Page&TEMPLATE=/CM/HTMLDisplay.cfm&CONTENTID=7764 for the following additional information:

[Tips for meeting the guidelines](#) [Starting an exercise program](#) [Exercise is Medicine™](#)

[Improvements from the 1995 recommendation](#)

[Frequently Asked Questions](#)