



Physical Activity

Physical activity is another important part of weight loss. A combination of healthy eating and physical activity will lead to the biggest rewards. I should make sure to choose activities I enjoy so I do them on a regular basis.

Physical Activity Goal

Be active 30 minutes a day 5 days a week.

That is 150 minutes a week.

1 mile of brisk walking (20 minutes) burns about 100 calories

150 minutes of activity a week burns about 750 calories

Benefits of Moving More

Moving more can make me feel happier, I will:

- Feel and look better
- Have less anxiety and depression
- Have more energy
- Feel less stressed

Moving more can help me feel stronger by:

- Making daily activities easier: carrying groceries and climbing stairs
- Strengthening bones, lungs, muscles, and heart
- Improving strength, shape, and tone
- Improving flexibility of joints
- Reducing risk for injuries and back pain

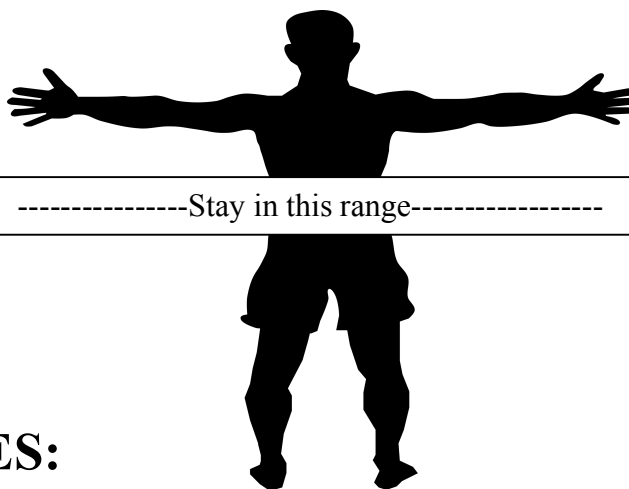
Moving more can improve my health because it:

- Improves sleep and helps me feel better when waking up
- Improves HDL Cholesterol (the “good” kind)
- Reduces triglycerides (the fat that builds up on the walls of arteries)
- Improves blood pressure levels
- Lowers blood sugar levels
- Reduces risk of diabetes and pre-diabetes
- Decreases the risk of dementia and slows the aging process

Is my activity at a healthy level?

My body will tell me if I'm working too hard or not hard enough.

Very Light	Fairly Light	Somewhat Hard	Hard	Very Hard
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EXAMPLES:

“I am hardly working. I can talk and sing easily.”	“I am a little winded. I can talk easily.”	“I am breathing somewhat harder. I can still talk.”	“I am breathing deeply. I can still talk but I cannot sing.”	“I am very winded. I cannot talk or catch my breath.”
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When to stop exercising

- If I feel chest pain or discomfort.
 - For example: uncomfortable feeling of pressure, pain, squeezing, heaviness, nausea or just not feeling well at all.
- With any of these symptoms, **STOP** and sit or lie down.
 - If it does not go away after 5 minutes, call 911.
 - If it goes away but returns each time I exercise, I should go see my doctor.

I will talk with my doctor before beginning any physical activity routine.

What am I going to try this week?

Planned Activities:

- Ride bike
- Wash car
- Mow yard
- Walk during my 15 minute breaks at work
- Check out an exercise DVD from the library or buy one at the store
- Walk in neighborhood
- Walk at the mall (most open at 8 am for walkers)
- Walking club or fitness class
- Fun activity with friends instead of lunch or dinner
- Swimming
- Use my gym membership or local community center

My health is worth 30 minutes a day.

When do I have 30 minutes to be active each day?

What am I going to do during my planned time?

Tips for Safety

- Drink water (before, during and after activity)
- Wear socks and good shoes with support
- Dress according to the weather
- Breathe in through your nose and out through your mouth
- Warm-up and cool-down (5 minutes each)
- Pay attention to signs of over doing it to avoid injury
- Stretch before and after being active