



CareHere! MOVING FOR LIFE

Regular physical activity can produce many long-term health benefits. People of all ages, shapes, sizes and abilities can benefit from being active. However, only 21% of Americans meet the Physical Activity Guidelines for both aerobic and muscle-strengthening activity.

Physical Activity: A Way of Life - Not Necessarily a Workout Plan

Physical activity is any movement of the body that uses the muscles and requires more energy than resting. This includes all movements throughout the day, excluding sitting still or lying down. Exercise is a type of physical activity that is planned, repetitive and done for the purpose of improving or maintaining physical fitness. For health benefits, physical activity should be moderate or vigorous intensity.

Moderate physical activities include:

- Brisk walking (3 mph or faster)
- Mowing your lawn (push mower)
- Bicycling (less than 10 mph)
- Gardening
- Tennis (doubles)
- Swimming (leisure)
- Dancing

Vigorous physical activities include:

- Jogging or running
- Bicycling (10 mph or faster)
- Tennis (singles)
- Swimming laps
- Jumping rope
- Heavy yard work (chopping wood, continuous digging)
- Basketball (competitive)

Maintaining an active lifestyle is important to keep your body healthy and fit. Including a variety of activities that focus on strength, endurance, balance and flexibility into your workout routine help break up the monotony and create a more well-rounded fitness routine.

There are three types of fitness:

1. **Aerobic exercise** (cardiovascular exercise) is any activity that gets your heart pumping faster than usual and gets you breathing harder for an extended period of time.
2. **Strength training** is any activity where you move your body against resistance from your own bodyweight, free weight, resistance bands or strength training machines.
3. **Flexibility exercise** (stretching) is any activity that works your muscles through its complete range of motion to lengthen the muscles.

Small Changes Can Boost Health

There is a direct cost-benefit relationship between physical activity and health, the more you do, the greater the health benefits. For this reason, small improvements made over time can make a BIG difference!

What You Can Do to Get Started

Before starting any exercise program, you should get clearance from your healthcare provider.

- Start slowly and gradually build on your successes over time.
- Make one change at a time.
- Find activities that bring you joy like walking, golfing or gardening.
- Protect yourself with proper gear and sports equipment.
- Listen to your body. Exercise shouldn't be painful. Cut back if what you're doing hurts or makes you feel faint.
- Learn proper form and technique in order to avoid injury and get the most out of what you're doing.

The Physical Activity Guidelines for Americans

No matter where you start or how long it takes to get there, it's helpful to know the Physical Activity Guidelines.



Aerobic exercise: 150 minutes (2 hours and 30 minutes) a week of moderate-intensity or 75 minutes (1 hour and 15 minutes) a week of vigorous-intensity aerobic physical activity



Muscle-strengthening: Train each major muscle group 2-3 days each week using a variety of exercises and equipment.



Flexibility: After a light warm up (e.g. walking), perform flexibility exercises 2-3 days each week to improve range of motion.

References:

US Department of Health and Human Services Physical Activity Guidelines for Americans, Centers for Disease Control and Prevention, American College of Sports Medicine 2011 Recommendations, and Office of Disease Prevention and Health Promotion.

If you would like to work with a CareHere Health Coach on making physical activity related goals, please contact the Patient Support Center at 877.423.1330 to schedule an appointment.