



MAKE YOUR MOVE



Benefits of Regular Exercise

- Reduce your risk for chronic conditions
- Improved mood, memory and brain function
- Increase energy and productivity
- Weight management
- Higher quality sleep
- Strengthen bones and muscles
- Improved quality of life



How Much Exercise do I need?

- AHA recommends Americans get 150-300 minutes of moderate intensity exercise per week OR 75 min of vigorous intensity activity per week.
- Moderate intensity activities will raise your heart rate, make you breath faster and feel warmer.
- Vigorous intensity activity will result in hard and fast breathing.



Moderate (Low) Intensity Exercise

- Essential for health and overall well-being.
- You should be working hard enough to be able to talk but not sing the words to your favorite song.
- Examples include...
 - Brisk walking
 - Easy jogging
 - Riding a bike
 - Water aerobics
 - Ballroom dancing
 - Leisurely swimming



High Intensity Exercise

- Can help you burn more calories, save time with shorter workouts and can increase your fitness level.
- Too much can lead to burnout or overuse injuries.
- Examples include...
 - Interval training
 - Tabata training
 - Running
 - Plyometric exercises
 - Speed Walking
 - Cross Country Skiing





Intermittent Workouts

Mini exercise sessions performed throughout the day.

- Studies have found that multiple, short bursts of physical activity, can be just as effective as one concentrated session.
- Start by setting a timer and performing one exercise at a time, by the end of the day you will have completed a whole workout.
- Example → 10 Minutes of lower body exercises in the morning followed by 10 min of upper body exercises in the afternoon and a 15 min walk in the evening.



How Will You Move?

4 Elements of Physical Fitness

Aerobic → Improves overall health and wellbeing

Muscular → Build's strength and improves muscle and bone health

Flexibility → Lengthens muscles and helps prevent injury

Stability & Balance → Strengthens core for improved posture and prevents low back pain.



When You're at Work

- Go for a walk at lunch
- Take walking meetings
 - Take the stairs
- Stand during phone calls and meetings
- Set a timer to get up and walk around every couple hours



When You're at Home

- Take advantage of commercials and breaks when watching tv
 - Dance around!
 - Clean
- Play with your pets
- Find fitness-oriented video games such as Wii Fit



When You're Out and About

- Park farther away
 - Use stairs
- Walk or ride your bike whenever possible
- Choose activities that encourage activity such as hiking or bike riding.



Getting Started

How to create and maintain an at-home workout routine.

- Have a designated exercise room or space in your home
- Plan out your workout ahead of time and schedule it into your day
- Make it easy for yourself and find small pockets of time throughout your day to squeeze in shorter bursts of activity.
- Assign a friend or family member as an accountability buddy
- Set goals and reward yourself when you achieve them
- Remember to have fun with it! Pick a form of exercise that you will enjoy!



What Equipment Will I Need?

- Depends on what your fitness goals are!
- You can achieve a great workout using just your bodyweight as resistance.
- Use household items such as soup cans, kitchen towels, gallons of water, ETC
- A supportive pair of shoes
- Yoga Mat
- Resistance bands
- Jump rope





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