



1 or more hour of physical
activity every day

- ★ 5+ daily servings of fruits and vegetables
- ★ 4 cups of water daily
- ★ 3 servings of low-fat dairy daily
- ★ 2 hours or less of daily screen time
- ★ **1 hour or more of physical activity**



Benefits of regular physical activity

- ✦ Reduces risk for
 - ✦ Heart attack
 - ✦ Colon cancer
 - ✦ Diabetes
 - ✦ High blood pressure



Benefits of regular physical activity

- ★ Associated with fewer:
 - ✧ Hospitalizations
 - ✧ Physicians visits
 - ✧ Medications



Benefits of regular physical activity

- ★ Helps control weight
- ★ Contributes to healthy bones, muscles, and joints
- ★ Reduces symptoms of anxiety and depression



Dangers from physical inactivity

- ★ Physical inactivity – a leading contributor to morbidity and disability
 - ✧ Coronary heart disease
 - ✧ Colon and breast cancer
 - ✧ Osteoporotic fractures
 - ✧ Diabetes, hypertension



How much physical activity do you need?

For children: At least 60 minutes

For adults: At least 30 minutes



The difference between “moderate” and “vigorous” physical activity

★ Vigorous

- ✧ Sweat hard
- ✧ Breathe heard
- ✧ Elevate heart rate

★ Moderate

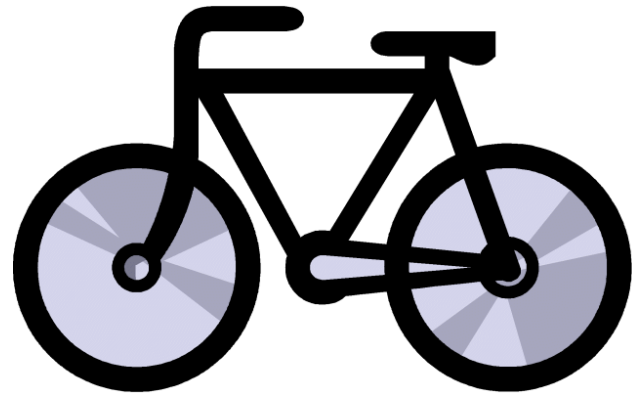
- ✧ Use muscles
- ✧ Elevate heart rate



Moderate Physical Activity

Examples

- ★ Brisk walking
- ★ Swimming
- ★ Cycling
- ★ Yard work / gardening
- ★ Dancing
- ★ Various domestic/occupational activities



Vigorous Physical Activity

Examples

- ◆ Jogging/running
- ◆ Lap swimming
- ◆ Cycling
- ◆ Aerobic dance
- ◆ Skating
- ◆ Jump rope

- ◆ Hiking
- ◆ Racquet sports
- ◆ Competitive group sports



Benefits of strength training



- ✧ More muscle & less fat =
burn more calories
- ✧ Improves balance and coordination
- ✧ Improves health of bones



Steps to increasing your physical activity:

- ◆ Decide exactly what you'll do
 - ◆ What, where, when, with whom, how long
- ◆ Set goals
- ◆ Chart your progress



Example

- ★ What Dance
- ★ Where Living room – radio
- ★ When Before dinner, MWF
- ★ With whom Alone
- ★ How long 30 minutes



Example

- ◆ What Walk
- ◆ Where Errands
- ◆ When Mornings
- ◆ With whom Alone M-F, with kids
Sat/Sun
- ◆ How long >30 minutes



Steps to increasing your physical activity: Activity log

<i>Date</i>	<i>Activity</i>	<i>Comments</i>
<i>May 23</i>	<i>15 min walk</i>	<i>Out of breath</i>
<i>August 4</i>	<i>30 min walk</i>	<i>Hot out, but I feel energized.</i>



Some more tips:

- ✦ Decide how you'll reward yourself
- ✦ Find an exercise buddy



Some more tips:

- ✦ Walk to the store or park at far end of the parking lot
- ✦ Take the stairs
- ✦ Walk to your friend's apartment instead of calling, or if you do call, walk around while you talk





How to help your child get more physically active

How to help your child

- ★ Be a good role model
- ★ Encourage physical activity
 - ✧ Sports, games, play
 - ✧ Don't discourage
- ★ Limit screen time



How to help your child

- ★ Play with your kids

 - ✧ Jump rope, soccer, dance

- ★ Take a family walk

 - ✧ To the park, to school, around the neighborhood, to the store

- ★ Enroll your kids in school sports or the Park District



ool sports or





1 hour or more of moderate to vigorous physical activity