

## MODERATE & VIGOROUS ACTIVITIES

Moderate exercise, such as brisk walking, should be done five, six, or even seven days a week for at least thirty minutes. Vigorous exercise can be done less often: three to five days a week for at least 20 minutes.

### MODERATE & VIGOROUS ACTIVITIES INCLUDE:

#### MODERATE

walking, moderate pace (3 mph, 20 min/mile)

walking, brisk pace (4 mph, 15 min/mile)

raking leaves

social dancing

lawn mowing (powered push mower)

volleyball, noncompetitive

table tennis

#### VIGOROUS (HARD)

jogging (5 mph, 12 min/mile)

field hockey

#### VERY VIGOROUS

running (6 mph, 10 min/mile)

Reference: Surgeon General's Report on Physical Activity and Health, 1996

#### References:

American Journal of Health Promotion, June, 1992

Surgeon General's Report on Physical Activity and Health, 1996

"Guidelines for School and Community Programs to Promote Lifelong Physical Activity Among Young People", CDC, Division of Adolescent and School Health.

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swimming  
  
 move for  
 your health!

dancing  


strolling  


gardening  
  
 walking  


move  
 for  
 your  
 health!

You CAN become physically active.

### Do it for yourself.

- have more energy
- feel good mentally
- prevent or reduce overweight and obesity
- prevent or reduce high blood pressure and "high cholesterol"
- reduce your risk for heart attacks and strokes
- reduce your risk of depression, colon cancer and type 2 diabetes mellitus, and maybe reduce the risk of breast cancer
- help reduce osteoarthritis pain and osteoporosis
- reduce falls

### Do it for your family.

- have a positive influence on your children's health by increasing activity levels
- help children find enjoyable physical activities they will do for a lifetime
- create a family environment that supports all family members in their activities
- live longer

For more information contact:

The Florida Department of Health

Bureau of Chronic Disease Prevention and

Health Promotion

Tallahassee, FL

850/245-4330

Do it now!  
 Don't put it off.

- only 30 minutes a day on most days of the week provides health benefits

# move & do it for yourself!

## Physical activity pays off!

- feel good mentally and physically
- feel better about yourself—have better self esteem
- have more energy to meet the demands of your work and family life

**You can do it!** The American College of Sports Medicine and the Centers for Disease Control and Prevention agree that adults should be getting at least thirty (30) minutes of moderate physical activity on all or most days of the week. For the most inactive people, even a small increase in exercise can have health benefits. People who exercise vigorously get even greater health benefits.

- take a walk in the morning, walk on your breaks, and take an evening walk after dinner
- take the stairs instead of the elevator
- park further away from work and shopping—every little bit helps!
- break up exercise into 10 or 15 minute segments—three 10-minute workouts or two 15-minute workouts

## Advice for parents.

Children and young adults need physical activity too—30–60 minutes of physical activity on most or all days per week.

- the more active the child, the more healthy and strong their bodies and minds
- teach healthy habits early—experts say that heart disease can begin in childhood
- studies show that activity behavior patterns begin during childhood and the teen years
- emphasize fun physical activities that are easily done throughout life
- offer a broad range of activities that are good for different ages and abilities
- allow kids to find activities they enjoy
- give young people the skills and confidence they need to be physically active
- promote physical education as an important subject in school

## Getting started.

- check with your doctor
- start slowly
- set realistic goals for yourself
- ask a friend or family member to join you and encourage each other
- warm up before exercising—start out walking slowly for a few minutes
- cool down after exercising—walk for a few minutes at a slower rate, allow your heart rate to slow back down, and do some stretching.

## Making progress— increase your fitness level as you become more active.

- you may be able to increase the speed and effort of your exercise (intensity)
- you may be able to increase the number of times that you exercise (frequency)
- you may be able to increase the length of time that you exercise (endurance)

**What about strength training?** Strength training means using the weight of your own body, or some other type of weights (hand held weights, strap-on leg weights, nautilus or free weights) to increase the strength of specific muscles. Strength training helps women reduce the risk of developing osteoporosis, which is a weakening of the bones.

**Isn't it time to make that change?** Talk to your doctor about an exercise program that is right for you. Ask about medical concerns that you have.