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Get Up and Move!

When we think of exercise we think of the marathon runner, Olympic sprinter, or a professional body builder.

Truth of the matter is we all can break a sweat and get moving to help promote a healthier lifestyle. You may be asking yourself what counts as exercise?

Exercise includes and is not limited to:

- Walking
- Hiking
- Gardening
- Swimming
- Weight Training
- Running



Exercise can be anything that gets the blood pumping and the calories burning. If you love to dance, roller skate, or hula hoop – that’s great – get up and move!

What are the recommendations for exercising?

Adults ages 18-64

1. During a week, aim for at least 150 minutes of moderate intensity or at least 75 minutes of vigorous intensity aerobic physical activity.
2. Perform Aerobic exercises in bouts in ten minute durations.
3. Two or more days of the week should include muscle-strengthening activities such as weight training to help promote muscle development and a stronger body.

Benefits of exercise:

- Physical activity reduces the risk of chronic diseases such as diabetes, coronary heart disease, cancer, stroke, and high blood pressure.
- Those who are physically active are more likely to have a healthier body mass and composition.

Now that we know what counts as exercise and its benefits --Get out there and break a sweat!

Motivation:

- Start a fitness log
- Download a fitness app
- Wear a tracking device
- Count your steps, miles, repetitions, laps, and sets.
- Download your favorite soundtrack or listen to books on tape.
- Join in with friends and motivate each other.