

Movement Matters

How much exercise do you need?

The minimum recommended amount of moderate intensity exercise for adults is 150 minutes/week, so aim for 30 minutes on most days of the week, or 75 minutes/week of vigorous intensity exercise.

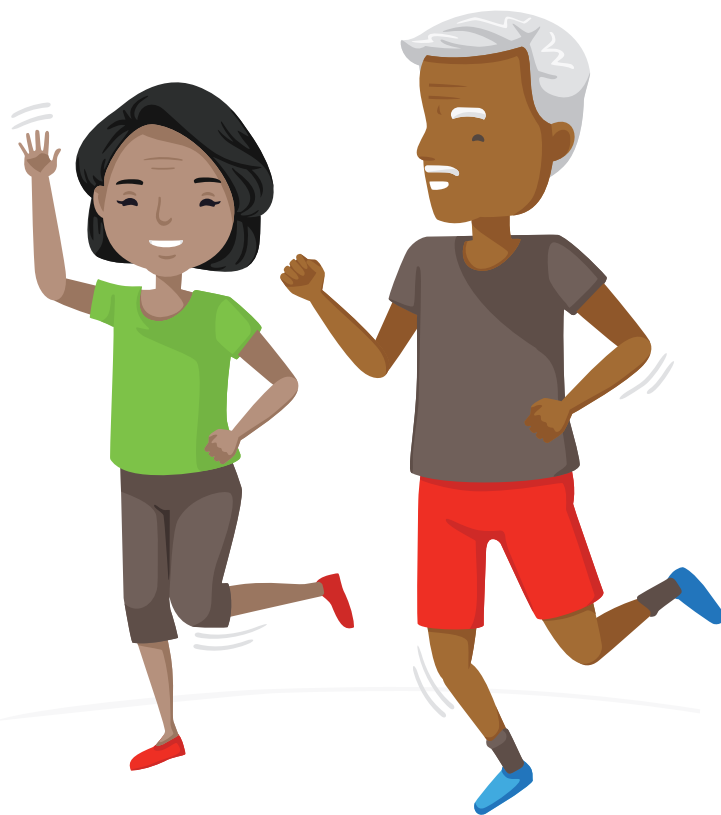
Stretching major muscle groups daily is recommended to improve flexibility. Include 2-3 days/week of strength training to ensure a well-rounded exercise routine.

What are the benefits of exercise?

- Improves physical, mental, and emotional health
- Helps you maintain and achieve a healthy body weight
- Improves health markers (cholesterol, blood sugar, blood pressure, metabolic syndrome)
- Decreases anxiety and depression
- Improves quality of sleep and increases energy levels
- Lowers risk of cancer, heart attack, and other diseases
- Strengthens muscles and improves bone density
- Increases quality of life and life expectancy

Physical activity vs. exercise

Any movement you do throughout the day can be considered physical activity. Exercise is planned and structured movement, which is intended to improve or maintain physical fitness. A sedentary lifestyle has been linked to an increased risk of cardiovascular disease, osteoporosis, type 2 diabetes and some cancers. Inactivity is the fourth leading risk factor for global mortality, so it's important to combine an active lifestyle with regular exercise!



Tips for success

- Team up with a friend or a fitness trainer to help you stay motivated and accountable!
- Choose activities that you enjoy. If it's not fun, you're less likely to stick with it.
- Remove barriers and set reminders! Success is scheduled. Be sure to set aside time for physical activity and stick with it.
- Remember, doing some exercise is always better than nothing. Physical activity can be broken up into 10-minute increments.
- Track your progress. Before you know it, you'll be able to complete the recommended 2 hours and 30 minutes of moderate exercise each week, with a sense of accomplishment!
- Mix up the intensity and activity, so you continue to have fun and improve your fitness level.

If you have a health condition, or you're over age 40, check with your doctor before you begin a regular exercise program.





Three types of exercise

1. **Aerobic exercise** (cardio) is a form of continuous exercise that elevates your heart rate (HR). Running, biking and swimming are all considered cardio exercise. Your HR should be 50% to 85% of your maximum heart rate. To find your max HR, subtract your age from 220. For example, a 30-year-old has a maximum heart rate of $220 - 30 = 190$. Her target HR would be 95-162 bpm.
2. **Strength training** exercises, like lifting weights, improves muscular strength by gradually increasing the muscles ability to resist force.
3. **Flexibility** is the capacity of a joint or muscle to move through its full range of motion. Simple stretches and yoga are great ways to improve your flexibility.



How to progress your workout

When you understand the F.I.T.T. principle and exercise guidelines, you can modify your workouts to reach your fitness goals more effectively. F.I.T.T stands for frequency, intensity, time and type. When your body adapts, try applying one or more of the F.I.T.T principles.

- **Frequency: how often you exercise each week**
The recommended frequency of moderate intensity cardio is five or more days a week or intense cardio three days a week. The recommended frequency for strength training is two to three non-consecutive days a week.
- **Intensity: how hard you work during exercise**
A combination of low, medium and high intensity cardio exercises is recommended, so you engage different energy systems and prevent overtraining. See above to determine your target HR.
- **Time: how long you exercise during each session**
Your workout may range anywhere from 10 minutes to 60 minutes depending on your fitness level and the type of workout.
- **Type: the mode of exercise, such as running or stretching**
Varying the type of exercise will help you avoid overuse injuries or weight loss plateaus.

What is the talk test?

The talk test is a simple method that has been validated by research to help determine exercise intensity without the need for equipment. Use the flow chart below:

Can you continuously talk during the activity?

Yes, but you are working too hard to be able to sing.

Moderate intensity

No, you must pause for breath.

Vigorous intensity