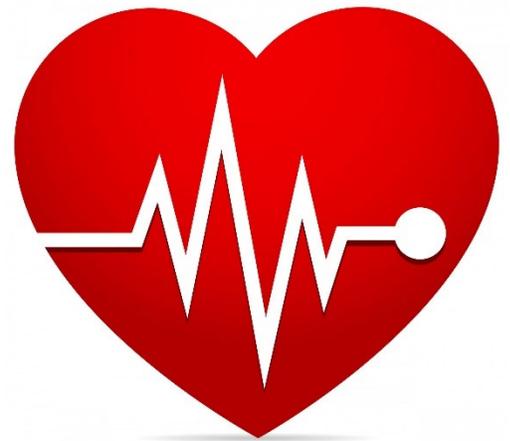


Make Sedentary Time More Active

All individuals need to make physical activity a part of their daily routines and lifestyle.

- **Children** should be encouraged to participate in physical activities, 60 minutes or more per day.
- Guidelines for **adults** include doing at least 150 minutes (2 hours and 30 minutes) to 300 minutes (5 hours) a week of moderate intensity.
- **Older adults** should determine their level of effort for physical activity relative to their level of fitness.



Here are some ways to include activity during your sedentary time

- When watching TV, do pushups or squats when commercials are on
- If you have canned food, use those as weights and do curls or shoulder press ups
- Every time you walk through a doorway, do one push up or one squat
- Every top of the hour, perform 15 jumping jacks
- Every time you open a fridge or freezer, do one push up or squat
- If able, go for a daily walk
- Perform daily household chores (dishes, sweep and mop, dusting, etc.)
- Park your vehicle farther away from the store and walk
- Take stairs whenever possible
- Play frisbee or tag
- If you own a bike, go for a bike ride
- Do yard work around the house



Check all those that you do; Great Job!!!

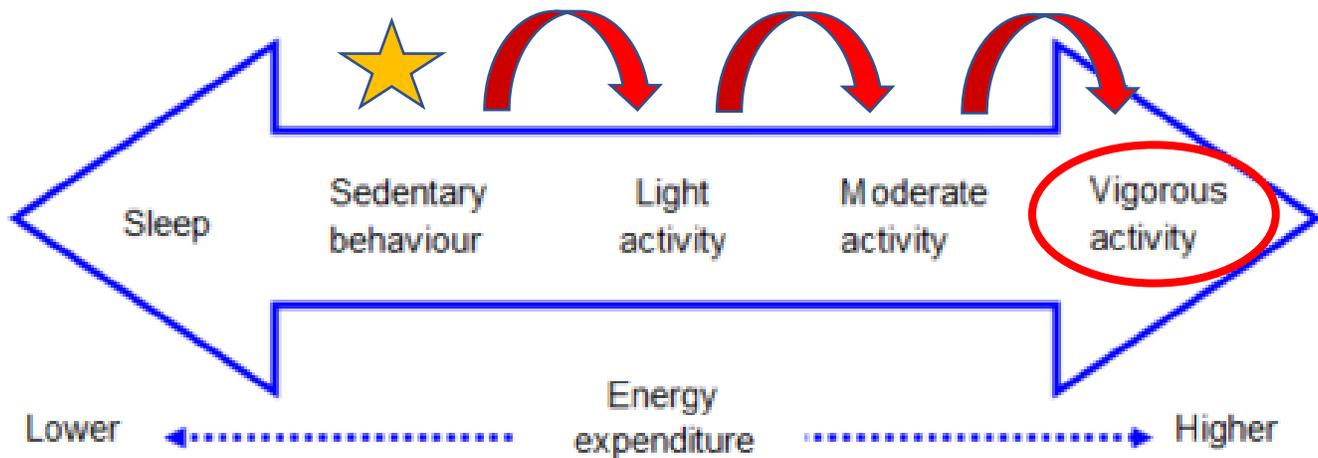
Getting Started - Exercising Safely

- **Warm up.** Not doing so would result in injury.
- **Cool down.** This helps to alleviate soreness and get the body ready for the next time you exercise.
- **Drink plenty of water.** Your body performs best when it is hydrated along with other health benefits.
- **Listen to your body.** If you feel pain/discomfort, STOP!

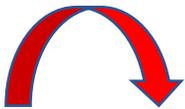
How to Make Exercise a Habit

- Start small and build momentum.
- Choose activities that make you happy and confident
- Schedule a time to exercise
- Set **SMART** Goals (**S** = specific, **M** = measurable, **A** = achievable, **R** = relevant, **T** = time-based)
- Log your activity
- Reward yourself for the small and big wins

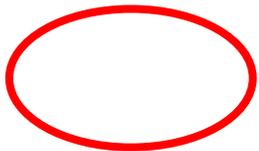
Energy Expenditure Spectrum



The star indicates where you are right now, sedentary behavior



The arrows are the micro steps of reaching the goal, vigorous activity



The circle is the end goal of being able to perform vigorous activity

- Looking at the image, being sedentary is NOT an activity and requires little energy.
- As you move from left to right, the more energy is needed to do the activities.
- Vigorous activity requires the most energy
- The more energy you expend, the more fit you will be