

# Be Active... Your Way!

# Your Way!

## Resources

### Moderate Activities

(I can talk while I do these)

- Ballroom and line dancing
- Biking on level ground or a few hills
- General gardening (raking, trimming shrubs)
- Tennis (doubles)
- Using your manual wheelchair
- Walking briskly
- Water aerobics

### Vigorous Activities

(I can only say a few words at a time)

- Aerobic dance
- Biking faster than 10 miles per hour
- Jumping rope
- Martial arts (such as karate)
- Race walking, jogging or running
- Sports with a lot of running (basketball, soccer)
- Swimming fast or swimming laps



Physical Activity Guidelines for Americans

[www.health.gov/paguidelines](http://www.health.gov/paguidelines)

Centers for Disease Control and Prevention

(CDC)- Physical Activity

[www.cdc.gov/physicalactivity](http://www.cdc.gov/physicalactivity)

Center for Disease Control and Prevention

(CDC)- Healthy Weight

[www.cdc.gov/healthyweight](http://www.cdc.gov/healthyweight)

National Center on Physical Activity and Disability

[www.ncpad.org](http://www.ncpad.org)

Health Finder

[www.healthfinder.gov/getactive](http://www.healthfinder.gov/getactive)

Healthier US

[www.healthierUS.gov](http://www.healthierUS.gov)

Small Step

[www.smallstep.gov](http://www.smallstep.gov)

The President's Council on Physical Fitness  
and Sports

[www.fitness.gov](http://www.fitness.gov)



Nutrition & Activity  
**FOR HEALTH**

[www.dhhs.ne.gov/nafh](http://www.dhhs.ne.gov/nafh)  
(402) 471-2101



Nutrition & Activity  
**FOR HEALTH**  
— PREVENTION WORKS

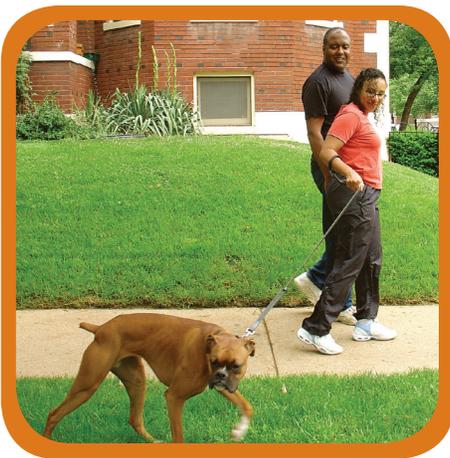
# Be Active - choose activities you enjoy!

## How do I begin?

- Pick activities that easily fit into your lifestyle.
- Work gradually toward your goals, and spread your activity time throughout the week.
- Begin with light or moderate intensity activities for 10 minutes at a time.
- Choose aerobic activities that make your heart beat faster and can make your heart and lungs stronger.
- Choose muscle strengthening activities that increases muscular fitness and bone strength.

## Why?

Physical activity can make you feel stronger and more alive. Active adults are healthier and less likely to develop chronic diseases such as heart disease, diabetes and some cancers. An active lifestyle also helps to control an individual's weight and body composition.



## What are the guidelines?

For substantial health benefits, adults should do a combination of aerobic and muscle strengthening activities at least 150 minutes a week of moderate activity or at least 75 minutes of vigorous activity per week.

### Aerobic Activity:

Activity in which people move their large muscles in a rhythmic manner for a sustained period of time. (Ex: running, bicycling, dancing, and swimming)

### Muscle Strengthening Activity:

Activity in which people overload their muscles than they are usually accustomed to doing. (Ex: resistance training with dumbbells or resistance bands, calisthenics, or body weight activities such as push ups)

## How do I reach the guidelines?

It is important to increase the amount of physical activity gradually over a period of weeks to months. Once you feel comfortable, do it more often. Then you can trade activities at a moderate level for vigorous ones that take more effort. You can do moderate and vigorous activities in the same week.

## What are the health benefits?

- Lower risk of heart disease, stroke, diabetes and chronic conditions
- Improves endurance, muscular strength, balance and flexibility
- Builds healthy muscles, bones and joints
- Helps control and maintain weight
- Can reduce the symptoms of stress, depression and anxiety
- Doing some activity is better than none!

