

HOW MUCH EXERCISE PER WEEK?

AS A GENERAL GOAL, AIM FOR AT LEAST 30 MINUTES OF MODERATE PHYSICAL ACTIVITY EVERY DAY. REDUCING SITTING TIME IS IMPORTANT, TOO. SITTING TOO MUCH CAN NEGATIVELY IMPACT YOUR HEALTH AND LONGEVITY, EVEN IF YOU GET THE RECOMMENDED AMOUNT OF DAILY PHYSICAL ACTIVITY. ANY ACTIVITY IS BETTER THAN NONE AT ALL. WHAT'S MOST IMPORTANT IS MAKING REGULAR PHYSICAL ACTIVITY PART OF YOUR LIFESTYLE.



1 INTERVAL TRAINING

30 minutes of Interval Training per week (all at once OR broken into 3 mini 10 minute sessions) Interval training alternates between high intensity exercise & recovery/low intensity exercise

Reduces risk of Type 2 Diabetes



2 MODERATE EXERCISE

150 minutes of Moderate Exercise per week When exercising at moderate intensity, you should be able to talk without gasping for air. It may take a little more effort than usual, but you should be able to carry on a conversation

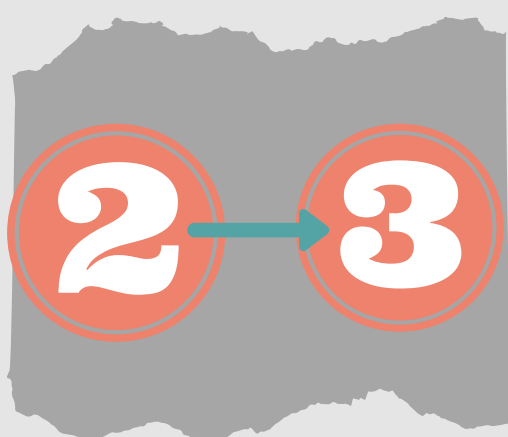
Reduces risk of Cancer



3 STRENGTH TRAINING

At least 2 days a week of Muscle-strengthening exercise. Activities can include weights or can be body weight only - the goal is to make your muscles work harder than usual

May alleviate symptoms of Depression



4 FLEXIBILITY TRAINING

2 - 3 days per week of flexibility training such as Yoga, Pilates, Stretching, Tai Chi and others helps your joints maintain a healthy range of motion—and in doing so, also lowers the chances of joint and muscle strain

Offers improvements in Memory



5 MOVEMENT

Accumulate as much focused movement per week as you can! Focused movement is intentional, on purpose, pre-planned or you created time to get it done - the end goal is to accomplish a movement/exercise task!

May reduce Blood Pressure Levels

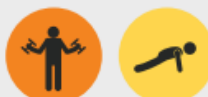
How much activity do I need?

Moderate-intensity aerobic activity

Anything that gets your heart beating faster counts.



AND



Tight on time this week? Start with just 5 minutes. It all adds up!