

ACTIVITY GUIDELINES

GOAL IS TO BE ACTIVE MOST OF THE DAY

PHYSICAL ACTIVITY –PHYSICALLY MOVING FOR 15 -20 MINUTES DURING *LEISURE* OR *NON-LEISURE* ACTIVITY



PHYSICAL FITNESS – A FIT INDIVIDUAL IS OPTIMALLY STRONG, AEROBICALLY SOUND (CARDIOVASCULAR ENDURANCE) AND FLEXIBLE

- *EXERCISE IS ONE METHOD OF DEVELOPING PHYSICAL FITNESS*

EXERCISE - PHYSICAL ACTIVITY THAT IS PLANNED, STRUCTURED , GOAL ORIENTED

- EXERCISE IS PRESCRIBED IN TERMS OF Frequency, Intensity, Time (FIT)



Activity and exercise is not the same thing

Exercise is one tiny piece of the puzzle

WHERE TO BEGIN

-WALKING 30-60 MINUTES TOTAL EVERY DAY AT A BRISK BUT COMFORTABLE PACE

-IN ADDITION TO WALKING RECOMMENDED YOU EXERCISE A MINIMUM OF 3 TIMES A WEEK..

0 – 5,000 INACTIVE LIFESTYLE

5,001 – 7,5000 – MODERATELY ACTIVE

7,501 – 10,000 – ACTIVE

10,001 OR MORE – VERY ACTIVE !!

BUT REMEMBER ONE SIZE DOES NOT FIT ALL

RESISTANCE TRAINING



WHAT IS MY BEST WEIGHT

IF YOU DO 15 REPS WITHOUT DIFFICULTY - THEN PICK A HEAVIER WEIGHT

IF YOU STRUGGLE TO MAKE 8 REPS – PICK A LIGHTER WEIGHT

LIFT A WEIGHT HEAVY ENOUGH TO MAKE THE LAST 2 REPS FEEL TOUGH

HOW SHOULD I LIFT?

SLOWLY COUNT 1-2-3 AS YOU LIFT **PAUSE** SLOWLY COUNT 1-2-3 AS YOU LOWER

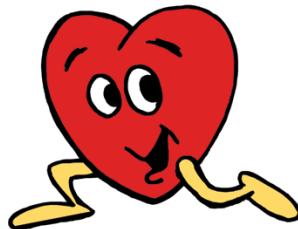
USE MUSCLE NOT MOMENTUM

RESISTANCE TRAINING IS DONE 2-4 TIMES A WEEK.



REMEMBER THAT MUSCLES NEED A DAY TO REST Image Envision · 24300

Healthy Heart



Healthy You

