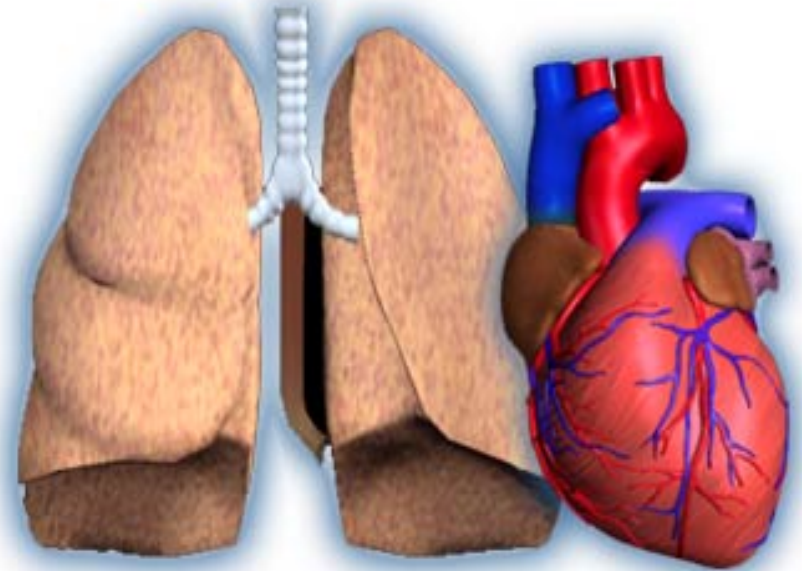


Physical Activity

+ Benefits of Physical Activity

- Strengthens your heart and lungs.
- Reduces risk of heart attacks.
- Lowers your blood pressure.



+ Benefits of Physical Activity

- Improves cholesterol and triglyceride levels.
- Lowers risk of Type II Diabetes.
- Improves Mental Health.
- Reduces Stress Levels.



+ Risks of Physical Activity

- Risks of Exercise are small and generally the benefits greatly outweigh the risks.
- However, risks do include:
 - Heart events in people with current heart conditions
- Best way to avoid hurting yourself is to start slow and build your way up to more vigorous activity.





Recommended Amount of Exercise



- 150 minutes of moderate-intensity aerobic activity

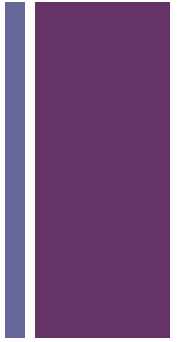
OR

- 75 minutes of vigorous-intensity aerobic activity per week.

AND

- At least 2 days of strength building activity.

+ Types of Physical Activity



■ Aerobic

- Walking
- Jogging
- Swimming
- Biking
- Jump Rope

■ Strength Building

- Weights
- Yoga
- Push-ups
- Sit-ups



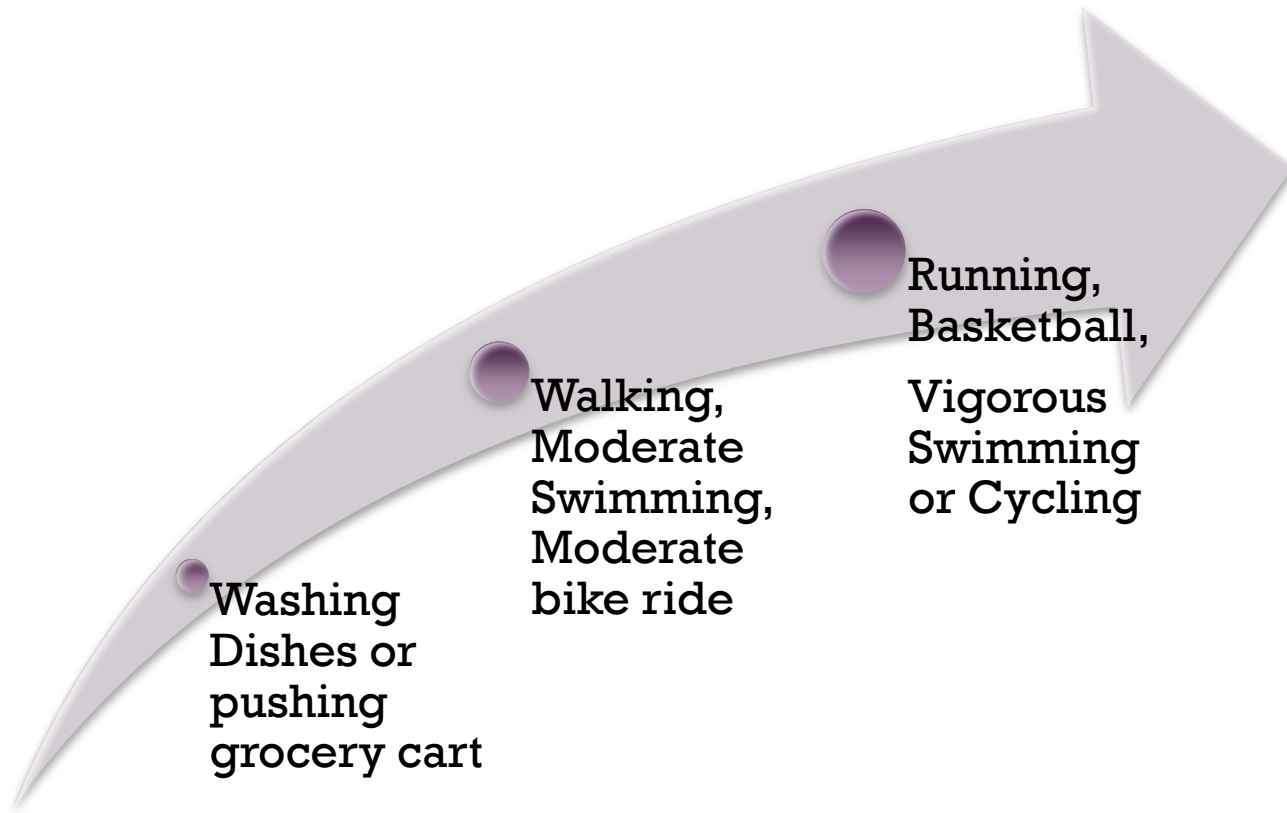
Intensity of Physical Activity



- Intensity describes how hard your body is working. What may be light intensity for one person could be vigorous for another person.
- Light:
 - Daily activities that don't require much effort.
- Moderate:
 - Heart rate and breathing increase.
 - Can still talk but can't sing.
- Vigorous:
 - Can't say more than a few words without stopping to catch your breath.



Continuum of Physical Activity



+ Tips for Staying Active

- Make physical activity part of your daily routine.
 - Take the stairs instead of the elevator.
 - Work in the garden.
 - Leave your car at home and take a walk to work.



+ Tips for Staying Active

- Be active with family and friends
 - Start a jogging club
 - Take your family on a bike ride.
- Working out as a group makes it more enjoyable and keeps you motivated!



+ Tips for Staying Active

- Keep a log of your activities.

FirstStep
TO ACTIVE HEALTH

Activity Log

This log is used to document progress towards goals and to show to your healthcare provider on follow-up visits. Keep track of the amount of time spent in each activity group.

WEEK _____

Activity	Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
Cardio							
Flexibility							
Strength							
Balance							

WEEK _____

Activity	Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
Cardio							
Flexibility							
Strength							
Balance							

Thera-Band The Hygenic Corporation 1245 Home Avenue Akron, OH 44310-2576 U.S.A. (800)321-2116
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+ Be Safe!

- Start low and slowly increase your activity level.
- Vary the activities
- Spread the exercise out.
- Use Helmets
- Be mindful of extreme cold or heat!
- If you have a chronic illness such as heart disease talk to your doctor about what types of activity are safe for you.



+ Physical Activity for Weight Loss



- In order to lose weight you just have to follow the simple formula
- Energy Out (exercise) > Energy In (Food)