

Maintaining Your New Active Lifestyle

We want to make sure that you keep up your new lifestyle of exercise and proper diet, so we have provided you with this information packet, exercise plan, and activity log book.

Engaging in regular physical activity can help reduce your risk of developing further complications, and improve your quality of life. There is strong evidence that when you engage in regular physical activity you can:

- Lower your risk of developing or advancing coronary heart disease
- Lower your risk of stroke
- Lower your blood pressure
- Improve your cholesterol levels
- Lower your risk of developing or advancing type 2 diabetes
- Lower your risk of developing or advancing metabolic syndrome
- Lower your risks of developing certain cancers
- Lose weight, especially when combined with a healthy diet
- Reduce depression and stress levels

Research has shown that you gain these benefits when you engage in moderate intensity aerobic activities for **at least 150 minutes** (two and a half hours) per week. So what is “moderate intensity” activity? It is any physical activity that gets you working hard enough to fall into the RPE range of 3 (moderate) to 5 (somewhat strong). Remember, in this range you should still be able to comfortably carry on a conversation. Some examples of moderate aerobic activity would be going for a brisk walk at about 3-4 miles per hour, riding a bicycle on level ground, or doing water aerobics.

Inside this packet you will find information pertaining to common barriers people have to exercise and some possible solutions for overcoming them, information about how to write goals that will keep you focused and motivated, a sample exercise plan if you can't think of what to do on your own, and an activity log so that you can track your exercise and see yourself improve.