

## 7 BENEFITS OF EXERCISE

- Improves your mood
- Combats chronic diseases
- Helps you manage your weight
- Strengthens your heart and lungs
- Promotes better sleep
- Can put the spark back in your sex life
- Can be FUN!!

<http://www.mayoclinic.com/health/exercise/HQ01676>

## TIPS FOR BEING MORE ACTIVE

- Walk, cycle, jog, or skate to work, school, the store, or place of worship
- Park farther away
- Get on/off bus several blocks away
- Take the stairs
- Play with children or pets
- Take fitness breaks (walking or doing desk exercises) instead of cigarette or coffee breaks
- Perform gardening or home repairs
- Exercise while watching TV
- Dance
- Avoid labor-saving devices—turn off the self-propel option on your lawn mower or vacuum cleaner
- Keep a pair of comfortable walking or running shoes in your car and office
- Make a Saturday morning walk a group habit

[http://www.cdc.gov/nccdphp/dnpa/physical/everyone/get\\_active/](http://www.cdc.gov/nccdphp/dnpa/physical/everyone/get_active/)

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### REFERENCES

All information obtained from:  
[www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)  
[www.mayoclinic.com](http://www.mayoclinic.com)  
[www.cdc.gov](http://www.cdc.gov)



### WARNING

Consult with your physician before beginning any exercise program. Ask your physical therapist which exercises are most appropriate for you.



UNIVERSITY OF DELAWARE

HEALTH

### Delaware Physical Therapy Clinic



# PHYSICAL ACTIVITY (PA) RECOMMENDATIONS

According to ACSM 2015, adults should strive for:

- >30 min of moderate intensity PA 5+ days/ wk (>150 min/wk) OR >20 min of vigorous intensity PA 3+ days/wk (>75 min/wk)
- Resistance exercise of each major muscle group 2-3 times/wk, as well as balance and coordination training
- Flexibility exercises for each major muscle/tendon group (60s each) on > 2 days/wk

If you...	Then you...
do NOT currently engage in regular PA	should begin incorporating a few minutes of PA into each day. Build to 30 min of mod intensity activity
are currently active, but at less than recommended levels	should strive to adopt more consistent activity to meet above goals
currently engage in moderate intensity PA for > 30 min, 5 or more days/wk	may achieve even greater health benefits by increasing the time spent with those activities
currently engage in vigorous intensity PA for > 20 min, 3 or more day/wk	should continue to do so

<http://www.cdc.gov/nccdphp/dnpa/physical/everyone/recommendations/index.htm>

# EXAMPLES OF MODERATE AMOUNTS OF ACTIVITY: BURNS 150 CALORIES

MORE VIGOROUS, LESS TIME

- Washing and waxing a car for 45-60 minutes
- Washing windows or floors for 45-60 minutes
- Playing volleyball for 45 minutes
- Playing touch football for 30-45 minutes
- Gardening for 30-45 minutes
- Wheeling self in wheelchair for 30-40 minutes
- Walking 1 3/4 miles in 35 minutes (20 min/mile)
- Basketball (shooting baskets) for 30 minutes
- Bicycling 5 miles in 30 minutes
- Dancing fast (social) for 30 minutes
- Pushing a stroller 1 1/2 miles in 30 minutes
- Raking leaves for 30 minutes
- Walking 2 miles in 30 minutes (15 min/mile)
- Water aerobics for 30 minutes
- Swimming laps for 20 minutes
- Wheelchair basketball for 20 minutes
- Basketball (playing a game) for 15-20 minutes
- Bicycling 4 miles in 15 minutes
- Jumping rope for 15 minutes
- Running 1 1/2 miles in 15 minutes (10 min/mile)
- Shoveling snow for 15 minutes
- Stair walking for 15 minutes

LESS VIGOROUS, MORE TIME

<http://www.cdc.gov/nccdphp/sgr/ataglan.htm>

# EXERCISE PRESCRIBED BY CALORIES BURNED/WEEK:

If your goal is:	You need to burn this many calories per week:
Improved fitness	100-1,000
Optimal Weight Loss	1,200-1,800
Maximize heart and lung disease prevention	2,000
Regression of atherosclerosis	2,200

## NOTE

On average, regularly participating in one or more moderate-intensity or vigorous-intensity activities is required to burn a minimum of 150 calories per day, 7 days/wk, or 1,000 calories/wk

