

## Exercise Basics

So, you don't have time for an hour-long aerobics class? You can't squeeze in 30 to 40 minutes on the treadmill? That's ok. Recent research has shown that getting the exercise our bodies need is a lot easier and quicker than we once thought.

### Looking at Exercise in a New Way

#### Take It Easy

Many experts now say that moderate exercise can benefit you as much as intense exercise.

#### Get Your Exercise Bit by Bit

Research has shown that you don't have to fit your daily exercise into one session. Instead, you can split your workout into short sessions spread out throughout the day.

### The Three-Part Exercise Program

To be complete, your exercise program should combine the three types of exercise discussed below.

- 1 Aerobic**  
(at least 150 minutes per week)
- 2 Muscle Strengthening**  
(2 days a week)
- 3 Stretching**  
(5-10 minutes a day)

Find exercise videos and links to community resources that can help you with your physical activity plan at [www.cabarrushealth.org/EIM/resources](http://www.cabarrushealth.org/EIM/resources).

[www.cabarrushealth.org/EIM](http://www.cabarrushealth.org/EIM)



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# Exercise is Medicine

## Aerobic Activity

Patient Name:

Date of Prescription:



Learn more about the health benefits of exercise at:

[www.cabarrushealth.org/EIM](http://www.cabarrushealth.org/EIM)

# Aerobic Activity Essentials

Before you begin, make sure you can do it safely and effectively. Aerobic activity, or cardio, is any activity that gets you breathing harder and your heart beating faster. It includes activities such as taking a brisk walk, swimming, or dancing.

## 1 Do 5 Days Per Week, 30 Minutes per Day.

The National Physical Activity Guidelines recommend at least 150 minutes - or 2 hours, 30 minutes - of moderate intensity aerobic activity per week. The best way to reach those 150 minutes is to walk 5 days per week, 30 minutes per day.

## 2 Use the Talk Test.

The Talk Test is an easy way for you to know the intensity of your aerobic activity. Intensity is how hard your body is working during the activity. In general, if you are doing moderate intensity activity you can talk, but not sing during the activity.

## 3 Challenge Yourself.

For your safety and health it is important to feel comfortable doing moderate activities before moving up the intensity. However, gradually replacing moderate activities such as brisk walking with vigorous activities that take a lot more effort such as jogging will give you the same health benefits in half the time!

## 4 Build it into your daily routine.

Two hours and 30 minutes may sound like a long time, but if you break it up into 10 minutes in the morning, 10 minutes at lunch and 10 minutes after dinner you will reach your goal in no time!

# The Benefits of Aerobic Activity

Doing moderate intensity aerobic activity such as brisk walking can help control your weight and help you live longer. It can also lower your risk of heart disease, diabetes and some cancers. Regular aerobic activity can even strengthen your muscles and bones and improve your mental health and mood.



## Getting Started

- Start with a least 5 minutes per day, 3 days per week.
- After 2 weeks, add 5-10 minutes to your walk each day.
- When you reach 30 minutes per day, 3 days a week, add 1-2 more days until you reach 2 hours, 30 minutes a week.

# Activity Log

WEEK	SUN	MON	TUES	WED	THURS	FRI	SAT
SAMPLE							
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							
12							