

great
living starts here™

get that weight moving

Exercise alone does not promote weight loss yet should be coupled with a calorie controlled diet. It is essential for weight management, cardiovascular health and overall wellness. Health experts recommend at least 30 minutes of moderate physical activity 5 times per week.

One of the first steps to take is to adopt a positive attitude about exercise, find an activity you enjoy and start moving.

your exercise program

If you want to burn fat – get involved in an aerobic activity.

Aerobic activities, such as walking, swimming and bicycling, use lots of oxygen.

Your benefit is affected by the activity's:

- Intensity
- Type
- Frequency
- Length of time you do it



Intensity means how fast and hard you do the activity. Intensity is determined by heart rate, which varies according to your age and conditioning. The goal is to reach your “target heart rate zone”, or beats per minute your body needs to get a good aerobic workout – one that strengthens your heart, builds muscle and burns fat.

the benefit

Aerobic exercise burns fat. It will also help you relax tense muscles, relieve stress and sleep better.

Exercise has been shown to help:

- lower the bad cholesterol in the blood and raise the good cholesterol
- delay or possibly prevent osteoporosis (loss of bone density)
- help control blood glucose levels in people with diabetes
- lower blood pressure
- maintain weight loss
- strengthen muscles involved in breathing

Fitting exercise into a busy schedule can be a challenge. To be successful, exercise must be a high priority. Find an **enjoyable** sport or activity that fits in with your lifestyle and pick a time to do it. You can vary the type of exercise. Also, do regular activity to burn calories. Take steps to become more active. Use the stairs instead of the elevator. If you drive to work, park the furthest distance from the entrance so you can walk that extra stretch. If you take public transportation, get off a few blocks before your regular stop and walk the rest of the way.

Calories* expended for common activities

Activity	Calories/Minute
Back Packing	6 – 14
Badminton	5 – 11
Basketball	3.5 – 11
Bicycling	2.9 – 5.5
Bowling	2.5 – 5
Cleaning the House	2.5 – 3.7
Cycling	3.5 – 10
Driving a Car	2.5
Football (touch)	7.5 – 12
Gardening/Weeding	5 – 9
Golfing	2.5 – 3.7
Horseback Riding	3.5 – 10
Hunting/Walking	3.5 – 17
Mowing the Lawn	6 – 11
Ping-Pong	3.5 – 6
Raking	3 – 5
Running (5 miles per hour)	9
Scuba Diving	6 – 12
Sitting	1
Shuffleboard	2.5 – 3.5
Skating	6 – 10
Sleeping	1
Standing	1.5
Sweeping the Floors	4
Swimming	5 – 10
Tennis	5 – 11
Volleyball	3.5 – 7.5
Walking (3.5 miles per hour)	5.5 – 7
Washing and Dressing	2.5



An active lifestyle should
be a part of your
everyday life.
Keep it moving...

