



## ***FITNESS MADE EASY!***

### *PHYSICAL ACTIVITY IN ADULTS*

#### **Consider:**

- Looking for ways to add movement to your daily routine
- Increasing water intake
- Healthier food choices
- Join a team/club
- Get creative with materials you already have at home and use them for exercise

#### *Regular, moderate activity can ....*

According to the Centers for Disease Control and Prevention (CDC), a regular fitness routine can do more than *help you control your weight, increase bone health, and help people decrease occurrence of cardiovascular diseases (CVD), Type 2 Diabetes and Metabolic Syndrome, ....* but did you know,.... *REGULAR EXERCISE*, (as little as 60 minutes of moderate-intensity aerobic activity/week) (PLOS Blog, 2010) means that people can also *reduce their chances of colon and breast cancers*, as well as new research beginning to associate regular exercise with *decreased occurrence of endometrial and lung cancer* (CDC, 2010).

### ***FITNESS WITH LIMITED TIME or RESOURCES ...***

**"I am too busy to exercise". Alternatives...**

- Opt to take the stairs instead of the elevator
- Park further from the door
- Buy a low cost pedometer to help you keep track of progress
- Walk or bike short distances instead of driving
- "Choose to do something over doing nothing"; invest in your health by scheduling 15-minutes into your day for activity
- Get "in the zone" while doing household chores and raise that heartrate by intensifying your scrubbing, etc.

**"I can't afford a fitness membership added to the budget". Try these...**

- Put down the electronics and entertain with physical activities
- Take a family walk after dinner
- Walk or bike safely instead of driving
- Challenge your family with an obstacle course
- Recreation parks are free and in most towns

## **The Five Simple ELEMENTS of FITNESS**

#### **A warmup**

*Easy walk outside, on treadmill or slow pace on stationary bicycle*

#### **A cardiovascular (aerobic) workout**

*Faster walking/pedaling, aerobics to a video or jump-roping*

#### **Resistance (strength-building) exercises**

*Squats, push-ups, abdominal crunches, dumbbell, weight bars, bands or tubing*

#### **Flexibility moves**

*Floor stretches or yoga poses*

#### **A cool-down**

*Similar to warm-up; low-level cardiovascular work to bring heartrate back down to resting level*