



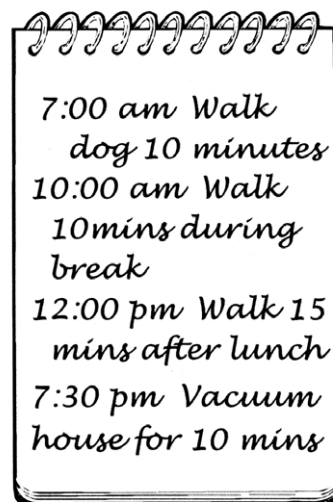
Increasing Lifestyle Activity

Enjoy the benefits of regular physical activity. Being physically active can do wonders for your health and well-being. Many diseases can be prevented by keeping yourself active throughout your life. Regular activity can:

- ❖ Give you more energy and improve your mood
- ❖ Firm your muscles and reduce body fat
- ❖ Lower your weight
- ❖ Reduce stress, anxiety and depression
- ❖ Lower your risk of chronic diseases like heart disease, diabetes, high blood pressure

Accumulate at least 30 minutes of moderate activity on most days of the week. You don't have to work out vigorously in a fitness center to get the benefits of exercise. Daily activities performed at a moderate intensity like walking briskly, stair climbing, bicycling, house cleaning, and yard work are as good for you as working out at the gym. Use the time you're usually inactive to become more active - it won't require any extra time out of your day. You can do small amounts of moderate activity that add up to at least 30 minutes a day instead of doing it all at one time.

Plan physical activity into your schedule. Set some realistic goals for increasing your daily activity and begin slowly to avoid injury and frustration. Start with 10 minutes a day and work towards a goal of at least 30 minutes a day. Plan specific activities you will do each day and write them on your calendar. List the type of activity and the length of time you plan to do it. Weight loss and maintenance may require 60 minutes or more.



7:00 am Walk
dog 10 minutes
10:00 am Walk
10mins during
break
12:00 pm Walk 15
mins after lunch
7:30 pm Vacuum
house for 10 mins

Be more active at home. Spend time usually spent in front of the TV being more active. Activities of moderate intensity that you can do around home include vacuuming, gardening, raking leaves, walking briskly and window washing.

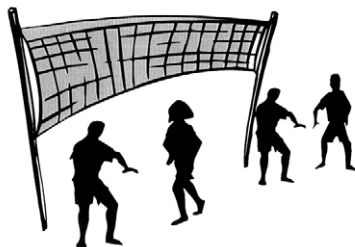
- ❖ Walk your dog instead of letting him out in the yard.
- ❖ Make several trips upstairs throughout the day rather than piling things on the steps for a later trip.
- ❖ Take activity breaks during TV commercials.
- ❖ Do your own house cleaning, lawn maintenance and gardening.
- ❖ Walk briskly around your neighborhood (about 3-4 miles per hour).

Be more active at work. If your job involves mostly sitting, make an extra effort to get up and walk throughout the day.

- ❖ Park your car at the far end of the parking lot and walk for 10 minutes.
- ❖ Take the stairs instead of the elevator several times a day.
- ❖ Get up from your computer every 30-60 minutes and walk for a few minutes.
- ❖ Take a 10-minute walking break at lunch and coffee breaks.
- ❖ Park and walk inside restaurants instead of using the drive-through.

Be more active during leisure time. Get yourself and your family involved in more activities that require you to move instead of sit.

- ❖ Plan activities like hiking, bicycling, dancing, visiting the zoo and museums.
- ❖ Join a walking club or program in your area.
- ❖ Take up tennis or golf (walk the course).
- ❖ Take classes in dance, yoga, tai chi, or water aerobics.
- ❖ Plan games like soccer, volley ball, or badminton in which the family can all participate.



References: Hayes.C. The I hate to exercise book for people with diabetes. The American Diabetes Association, 2013.

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