



Tip No. 1



Weekly Tips

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What is Moderate Physical Activity? There is a lot of research that shows moderate intensity exercise can help in the treatment and prevention of chronic diseases, such as heart disease, diabetes, and some types of cancer. Moderate intensity exercise also improves mood, reduces stress, and enhances quality of life.

But what exactly is moderate intensity? Moderate intensity exercise makes your breathing and heart rate increase. Some people have described it as still being able to talk, but not to sing.

We've put together some ways to help you make sure that you are exercising at a level high enough to get the best number of possible health benefits related to exercise. Listed below are some types of exercise and how far or how fast you should go to reach moderate intensity:

Brisk walking

1.5-2 miles in 30 minutes
3500-4000 steps in 30 minutes

Swimming

General, water aerobics

Aerobics

General or low-impact

Tennis

Doubles or singles

Bicycling

8-12 mph (leisure, slow, light effort)
4-6 miles in 30 minutes

Stationary Bike

50-100 watts

Dancing

Shag, hip-hop, ballet, twist, jazz, tap,
jitterbug, belly, swing, flamenco, dancing fast,
disco, folk, square, line dancing

Yardwork

Digging, using heavy tools, laying rock or sod, mowing lawn, raking, shoveling, weeding, trimming

Housework

Heavy cleaning, sweeping, vacuuming



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Motivating Yourself to Increase Your Exercise Goals. Motivating yourself to get more exercise can be hard work at first. People can make up all kinds of excuses to avoid exercising, like saying “I’m too busy”. Don’t let yourself fall into that trap – be patient and keep working toward your goals.

- **Set realistic goals for yourself that are challenging but that you can meet** – you can always make more goals as you meet old ones.
- **Build exercise into your daily routine.**
- **Walk between errands** – if the bank is near the grocery store, walk instead of driving.
- **Plan ahead** – take your shoes with you so you can stop on your way home to take a short walk.
- **Exercise with friends, coworkers, and family** – spend quality time with loved ones while walking or doing other types of exercise.
- **Use positive thinking** – tell yourself you are looking forward to exercising and feeling like you have more energy and better health.
- **Make exercise a priority** – add daily exercise to your “to do” list.



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Keeping Your “Slips” from Becoming “Relapses”. No matter how faithful you are in your exercise program, there will be times when you “slip” by missing exercise sessions. These slips happen for everyone. So, don’t beat yourself up, and don’t blow it out of proportion.

You can probably relate to the dieter who eats a bowl of ice cream, then says, “I blew it,” and decides to eat the whole quart and start her diet again next month. Thinking in black and white terms (“on diet” or “off diet”), rather than in shades of grey, gets us in trouble. When you miss an exercise session or even a week of exercise sessions, try not to view this as a “failure”.

There are times when you are probably more likely to slip; while traveling, during the holidays, when the weather is bad, or when you are feeling stressed, depressed, or tired. Try to anticipate your own “high-risk” situations and plan for how you will deal with them when they happen.





Making Exercise a Family Affair. Now that you have made the commitment to exercise, you are a role model for your family and friends. Inviting family and friends to exercise will motivate you and them as well as give you a chance to spend quality time with them. Here are some ideas for involving family and friends in exercise:

- **Walking:** Take a walk around the neighborhood. Try letting each family member choose a different route.
- **Games:** Try old favorites, such as hopscotch, touch football, sack races, and jump rope.
- **Wildlife Tour:** Take a walk through Cypress Park, Swan Lake, or Poinsett State Park. Bring your field glasses and look for birds and other wildlife. (Park information can be found in your *Places to Walk And Exercise Guide*).
- **Bike Rides:** Pull out the bikes and ride around the neighborhood or at Dillon Park.

The key is to keep the activities fun and interesting.

