

Believe in the Power of Exercise

Benefits of Exercise

Increased physical activity can benefit almost anyone and here is how:

- **Heart Health** – Getting fit will help you lower your risk of heart disease and stroke.
- **General Health** – In addition to a healthy heart, exercise is good for your lungs and bones. It also helps manage diabetes and could even prevent cancer.
- **Weight Control** – Exercising can help you burn off extra calories, take off pounds and stay at a desirable weight.
- **Energy** – The more exercise you get, the more you will feel you can do.
- **Well Being** – Exercising can help get rid of tension and relax helping the body rest more peacefully and may even release chemicals in your body that help you feel better about yourself.
- **Muscle Tone** – Different workouts shape and tone different muscle helping you become slimmer and trimmer.
- **Chronic Condition** – In many cases, exercise can help manage or improve an existing chronic condition such as heart disease or osteoporosis. Talk to your doctor before you begin an exercise routine.

Take the First Step

Walking is fun and easy and it gets the job done. Brisk walking can give your heart a good work out and all you need is a good pair of shoes.

Setting Goals

Frequency – Start off working out three times a week and work toward 4 to 6 times a week. Exercise should become a part of your daily routine.

Intensity – A work out should challenge you but not exhaust you. If you can hold a conversation while exercising you're doing great. More specifically try to reach your target heart rate to give your heart a good work out.

Time – Begin with workouts that last at least 20 minutes and work up to 30 minutes or longer.

Heart Rate Target Zones

Age (years)	Target Zone (beats per minute)
20	120-150
25	117-146
30	114-142
35	111-138
40	108-135
45	105-131
50	102-127
55	99-120
60	93-116
70	90-113

Once your heart and breathing rates are elevated, find your pulse and count the beats for 30 seconds and multiply by 2. Adjust your level of effort based on where you are in your target zone. If you are unsure how to find your pulse, ask your provider to show you how.



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STRONG  HEALTH



Calories burned per hour for 150 lb person

Aerobic Dancing	422
Ballroom Dancing, moderate	310
Basketball	563
Bicycling, 12 mph, light effort	422
Bicycling, 16 mph, vigorous effort	704
Canoeing, moderate	493
Child Care	211
Cleaning	246
Cross Country Skiing	563
Gardening	352
Golf, carrying clubs	387
Jumping rope, moderate	704
Running, 5.5 mph	563
Running, 10 mph	1126
Skating	387
Swimming, moderate	563
Tennis	493
Walking, 2 mph	176
Walking, 4 mph	281

Helpful Hints for Physical Activity

- Do housework yourself instead of hiring it out
- Mow your grass and do yard work
- Walk or bike to the store instead of driving
- Standup while talking on the phone
- Throw away the remote control and sit-up if you are watching TV
- Take a 5-10 minute walk before or after meals
- Park further away when going to the store or mall
- Always take the stairs
- Walk down the hall to talk to someone instead of using the phone
- Hold brainstorming session while walking
- Schedule exercise on your calendar as if it were a meeting
- Walk around your building during a break or lunch
- Vary your activity-alternate forms of exercise to avoid boredom

Getting Started

Whatever form of exercise you choose, get out there and start feeling better and looking good. Talk to your doctor before starting any new exercise program, especially if you have heart or other health problems. Start slow and build up and if you are feeling pain, slow down or stop. Pain is a sign that something is wrong, not a good workout. Remember to stretch before and after exercise to avoid injury.