

# Get moving



Did you know that physical activity and exercise are two different things? Yet both can be important for health, well-being, and weight management.

Confused? Let's break it down.

**Exercise** is planned, purposeful movement.

**Examples:** going to an exercise class, running, lifting weights. Basically, anything you could do at a gym or that you plan.

**What exercise do you do?**

**Physical activity** is any movement in your day that you haven't planned as "exercise."

**Examples:** Walking when you're not "going for a walk", taking the stairs, housework.

**How do you stay active?**

## Benefits

**Exercise and physical activity bring s so many benefits:**

- Strong bones and muscles
- Lots of energy
- Reduced risk of cancer and disease
- Long, high-quality life
- Good mood
- Less, better-managed stress
- Better sleep
- Greater self-esteem

**What benefits are important to you?**

**What benefits have you experienced from physical activity or exercise?**



**The next couple pages talk more about physical activity and exercise, but remember these main takeaways:**

1. **Both exercise and physical activity are important.** They both play a role in weight loss, long-term weight maintenance, and living a long, wonderful life.
2. **Find exercises and activities you enjoy.** Stick with them, and do them often.
3. **Plan your exercise. Move** as much as possible throughout the day.
4. **Start small.** Keep setting goals and use successes as motivation.
5. **Shift your mindset:** Instead of exercise as something to check off your to-do list, think about working towards an **overall active lifestyle.**

## Think about it

**What experiences have you had with exercise and physical activity?**

**What have you enjoyed in the past?**

**What has kept you motivated?**

# Physical activity



Physical activity is all the movement you do, all day long.

How much activity do you usually get?

## How much is enough?

As much as possible. It depends on your goals, too. People trying to lose weight may need to move more than someone who wants to maintain weight or just get the other health benefits of being active.

For weight loss, the recommendation is at least 300 minutes of moderate activity per week, which averages to 1 hour of activity 5 days a week. This could be walking, gardening, housework, or anything that causes your heart rate and breathing to increase a little bit. For general health benefits, the recommendation is 150 minutes.

Generally speaking, the more active you are, the more benefits you'll receive.

## Next step

If you're starting here ...	Then try this ...
I spend a lot of time working at my computer or watching TV in the evening. I don't get a lot of extra activity.	Add a few minutes of activity into each day. Try taking the stairs or parking further away. Choose at least one thing to do everyday.
I am somewhat active throughout the day, but it's definitely less than recommended.	Gradually build to 30–60 minutes of physical activity most days of the week. Take the dog for a brisk walk or mow the lawn. Try for 5 extra minutes of movement everyday this week.
I am active and get at least 30 minutes of moderate-intensity activity five or more days a week.	You may be ready to add some vigorous intensity or strength training exercise into your routine.

**Where do you fit? What goals will you set for this week?**

**To brainstorm some more ways to be active, use the "Everyday activity" worksheet in the Physical Activity health coaching materials to think about how to make your everyday life more active.**

Being as active as possible may seem intimidating. It doesn't have to be, though.

## Follow these tips to be more active:

- **Start slowly.** Pick one thing to do today.
- **Gradually increase** your activity. Do more of what you've been doing, or add something new.
- **Spread it out.** You don't have to get all of your activity at the same time. Do short bits of activity throughout your day.
- **Some is *always* better than none.** Even 30 seconds counts.
- Let's say it again: **Pick activities you enjoy.**

**What will you do to be active, today?**

**How can you make physical activity more enjoyable for yourself?**

# Exercise



Exercise is planned, structured movement. Exercise is typically divided into three types: cardiovascular exercise, muscular strengthening and stretching and flexibility. Each type offers different benefits, like greater flexibility, more muscle and less fat, stronger muscles, healthier metabolism, or stronger bones.

<b>Cardiovascular Exercise</b>	<ul style="list-style-type: none"> <li>• Weight loss: 300 min per week of moderate activity or 150 min per week of vigorous activity (for weight loss).</li> <li>• Health benefits: 150 min per week of moderate activity or 75 min of vigorous activity for general health benefits.</li> </ul>	Walking, running, elliptical trainer, swimming, cycling, Zumba, etc.
<b>Muscle Strengthening</b>	<ul style="list-style-type: none"> <li>• 2-3 days per week</li> <li>• 8-10 exercises that work your major muscles</li> <li>• 1 or more sets of 8-12 repetitions for each exercise</li> </ul>	Free weights or machines, body weight exercise, resistance bands, etc.
<b>Flexibility</b>	<ul style="list-style-type: none"> <li>• At least 2-3 days per week for at least 10 min</li> <li>• 15-60 sec per stretch</li> <li>• Stretch when your muscles are warm, either after a workout or after warming up</li> </ul>	Static stretching (holding the stretch in one position), yoga, Pilates, etc.

## Exercise tips

- **Plan your week.** What will you do? Where will you do it? For how long?
- **Pick what you like.** Do things you like to do. But don't be afraid to try something new.
- **Make it social.** Find a friend or family member to workout with you. You'll be more likely to stay consistent—and have more fun!
- **Ask the experts.** Look for a health coach or certified personal trainer that has experience. Whether you work with a trainer for one session or many, he or she can help you create a safe, effective exercise plan tailored to your goals.
- **Check with your employer or health plan** to learn about fitness opportunities or discounts.

## Next step

**Plan your exercise for the week:**

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Activity							

**Stuck? Use the "Balanced routine" worksheet , in the Physical Activity coaching materials, to make sure you fit all types of exercise into your life.**