



Movement and Exercise

Be a Mover! People who move more increase blood flow, burn more calories, feel stronger and are in better control of blood sugar, cholesterol, blood pressure and also decrease the risk of depression!

In daily life make sure to **move more** with these tips:

- **Get up every 30 minutes and move for 2 minutes** – get up and walk around – inside or out! If you can do more than 2 minutes, GREAT!
- **Count your steps** with a phone app or wearable, like FitBit, start small with a long term goal to **shoot for of 10,000 steps a day.**
- Not mobile? ***You can exercise in your chair!*** Make sure to sit up straight and more toward the edge of your chair but still feel solid in your chair. You can “walk” in place, lift hands and arms up and out, circle arms both ways out to the side, shrug shoulders front for 8-10 and then back. Lift legs straight out and do some knee lifts, tap out and in.
- Make sure to keep up the routine and ***not miss more than 2 days in a row*** without some form of exercise!

Guidelines for Exercise:

Makes sure to talk to your primary care provider before starting and exercise program. There are 3 types of exercise:

1. **Cardiovascular or heart pumping** –walking, biking, dancing, swimming, jogging, etc...
increases heart health,

How much? 30-60 minutes - 3-6 days a week

- **Adults should get at least 150 minutes of moderate-intensity exercise per week.**
- One longer session along with shorter sessions (of at least 10 minutes) are both acceptable to build to the desired amount of daily exercise. Make sure to warm up and cool down so go slower for a few minutes at the beginning and end of the session.
- Start slow with exercise time, how often and how intense is best to help you stay on track and decrease risk of injury. If you're out of shape, start with 5-10 minutes 3 days a week, add 5 minutes weekly until you reach your goal!
- If unable to meet the guidelines remember everyone can still benefit from some activity 😊



2. **Strength or Resistance Training** - increases range of motion, keeps muscle toned, helps with balance and coordination

How much? *20-30 minutes – 2-3 days a week (not 2 days in a row though especially for the same muscle group – this can break down instead of build or strengthen muscles!)*

Use your body and/or add weights (even milk jugs or soup cans can work)

- Very light or light intensity is best for older persons or adults just starting exercise.
- Two to four sets of each exercise will help adults improve strength and power.
- For each exercise, 8-12 repetitions improve strength and power, 10-15 repetitions improve strength in middle-age and older persons starting exercise, and 15-20 repetitions improve muscular endurance.



3. **Stretching and Flexibility** – this helps with stiffness and muscle strain and helps relieve stress.

How much? *At least two or three days each week to improve range of motion. Daily stretching is even better!*

- Each stretch should be held for 10-30 seconds to the point of tightness.
- Repeat each stretch two to four times, accumulating 60 seconds per stretch.
- It's best to stretch a warm muscle. Good times are 5 minutes before and 5 minutes after exercise. Or after a warm bath or shower.

Adapted from American College of Sports Medicine 2011

Source: <http://www.acsm.org/about-acsm/media-room/news-releases/2011/08/01/acsm-issues-new-recommendations-on-quantity-and-quality-of-exercise>