

## Physical Activity for Every Age and Stage

Physical activity and good nutrition are two lifestyle habits that can make a big difference in overall health. Regular physical activity is good for your whole body and it's easier than you may think to fit physical activity into your day.

### Physical Activity Payoffs

A physically active lifestyle offers many rewards that can help improve both your physical health and attitude.

- **Lowers risk.** Chances of developing cardiovascular disease, certain types of cancer and type 2 diabetes are lower when you are physically active. It also helps you keep blood pressure and blood cholesterol levels normal.
- **Builds bones and muscles.** Weight-bearing activities, such as walking, help strengthen bones and lower risk for osteoporosis. Keeping muscles strong and flexible reduces the risk of falling and breaking bones.
- **Makes it easier to balance blood sugar.** If you have or are at risk for diabetes, being active helps control blood sugar level.
- **Helps manage weight.** It's easier to achieve and maintain a healthy weight when physical activity is a part of your day.
- **Promotes restful sleep.** When you are physically active, you sleep more soundly and feel rested and ready for the day.
- **Improves mood.** Regular physical activity helps reduce feelings of stress, anxiety and depression.
- **Enhances self-esteem.** Physical activity helps boost self-confidence by improving your strength, stamina, flexibility and appearance.

### Setting Fitness Goals

- **Adults:** Aim for at least 30 minutes each day. This amount helps you reap health benefits. Then work up to 60 minutes of moderate-intensity activity each day.
- **Children and adolescents:** Get at least 60 minutes of activity daily.



Turkey Roll-Up

Examples of moderate-intensity activities include walking briskly, dancing, raking leaves and jumping rope – or any activity that involves moving the large muscles in your arms and legs. If your activity is more vigorous, you can achieve the same health benefits in a shorter amount of time. An easy way to fit fitness into your lifestyle is to add short segments of physical activity to your everyday routine. Lifestyle activities as well as structured activities, such as exercise classes or recreational activities, all count toward your daily activity goal (see chart). If you haven't been active in the past, work up to your goal by fitting in activities that you enjoy and can do regularly. To keep it interesting, vary the types of physical activity you do.

### Building Physical Activity into Busy Days

The great thing about physical activity is that you can do it any time and almost anywhere.

**Use your feet.** Your feet were made for walking – to the store, to the post office or around the neighborhood or a mall. Skip the elevators and escalators; pump up your leg muscles with stair climbing.

### Types of Physical Activity

**Aerobic activities** speed up your heart rate and breathing. These activities help keep your heart and lungs healthy. Examples are brisk walking, dancing, playing basketball, cycling and raking leaves.

**Strength-building activities** help build muscle. When your muscles are strong, it is easier to do the basic activities of daily living. Carrying groceries, lifting weights and doing push-ups are strength-building activities.

**Stretching activities** help your muscles and joints stay flexible. Stretching before and after aerobic and strength-building activities keeps your muscles from tightening and helps prevent injury.

## Everyday Ways to Get Up and Move

Lifestyle Activities	Exercise or Recreational Activities	Child-Friendly Activities
<ul style="list-style-type: none"> <li>• Gardening</li> <li>• Pushing a vacuum cleaner or stroller</li> <li>• Carrying groceries</li> <li>• Washing and waxing the car</li> <li>• Washing windows or floors</li> <li>• Raking leaves</li> <li>• Shoveling snow</li> <li>• Playing actively with children</li> </ul>	<ul style="list-style-type: none"> <li>• Walking or jogging</li> <li>• Bicycling</li> <li>• Swimming laps or water aerobics</li> <li>• Golfing (pulling or carrying clubs)</li> <li>• Basketball or Volleyball</li> <li>• Cross-country skiing</li> <li>• Tennis or racquetball</li> <li>• Exercise classes</li> </ul>	<ul style="list-style-type: none"> <li>• Playing tag or hopscotch</li> <li>• Jumping rope</li> <li>• Riding a bicycle, scooter or tricycle</li> <li>• Skating (roller, in-line, ice)</li> <li>• Dancing</li> <li>• Organized sports, such as soccer, baseball, basketball, flag football, hockey</li> <li>• School physical education classes</li> </ul>

*Get out and play.* Shooting hoops, jumping rope, throwing a frisbee or playing hopscotch are fun ways to be active. Being active together is a great way to spend time as a family.

*Schedule your activity time.* Make an appointment with yourself for physical activity – and keep it.

*Do two things at once.* While you talk on the phone or watch TV, stretch, lift weights or do active household chores. Or walk on a treadmill or ride a stationary bike as you read or catch up on the news.

### Taking Care

Most healthy people do not need to see their health care provider before starting an activity program – unless you have, or are at risk for, a chronic health problem such as heart disease, hypertension, diabetes or osteoporosis. Men over age 40 and women over age 50 who plan to begin a new program of vigorous activity should consult a health care provider first.

*Smart snacks can fit into a healthful lifestyle. Strive for active living and balanced eating. Try this tasty snack idea:*

### Turkey Roll-Up

Prep: 5 min.

Total: 5 min.

- 1 TACO BELL® HOME ORIGINALS® Flour Tortilla
- 1 Tbsp. PHILADELPHIA Chive & Onion Light Cream Cheese Spread
- 6 slices OSCAR MAYER Shaved Smoked Turkey Breast
- 1/4 cup shredded carrots

SPREAD tortilla with cream cheese spread; top with turkey and carrots.

ROLL up. Cut into four slices to serve.

Makes 4 servings, one slice each.

#### Shortcut:

Save time by using shredded carrots purchased from the salad bar at your local supermarket.

#### Keeping It Safe:

If taking this snack to work or school, be sure to pack it in an insulated lunchbox or cooler along with an ice pack to keep in cool until ready to enjoy.

#### Make Ahead:

Prepare roll-up as directed but do not cut into slices. Wrap in plastic wrap and refrigerate. Slice just before serving.

#### Nutrition Bonus:

The carrots in this low-fat roll-up add not only flavor and crunch, but also an excellent source of vitamin A.

**Nutrition Information Per Serving:** 45 calories, 1.5g total fat, 0.5g saturated fat, 0g trans fat, 5mg cholesterol, 190mg sodium, 6g carbohydrate, 0g dietary fiber, less than 1g sugars, 3g protein, 25%DV vitamin A, 0%DV vitamin C, 2%DV calcium, 0%DV iron.

#### Exchange: 1/2 Starch

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