

Get Moving... It's Key to Health!

Being physically active is one step that can help us feel our best. Physical activity promotes health, builds endurance and improves fitness. No matter what your age or fitness level, there are activities that are right for you. Work toward accumulating *at least 30 (60 for kids) minutes* of moderate physical activity each day – every five or ten-minute period of movement goes toward that goal. Remember, everyday activities and active play count toward your 30 minutes, too! Here are some ideas. Although most can be done alone, many are more enjoyable when done with others.

More fun: more likely to get done!

Moderate Intensity Activities *(to get a general gauge of moderate intensity, you should be able to talk while doing the activity, but not sing)*

❖ Cycling <i>(leisurely)</i>	❖ Swimming <i>(slow)</i>	❖ Golf <i>(without a cart)</i>
❖ Yoga <i>(active posture changing)</i>	❖ Calisthenics <i>(without weights)</i>	❖ Walking <i>(15 to 20-minute miles)</i>
❖ Using exercise equipment <i>(rowing machines, stationary cycles, stair-climbing machines)</i>		

Vigorous Activities *(talking should be possible, in short phrases but not conversations)*

❖ Climbing hills <i>(without weights)</i>	❖ Racquetball	❖ Rope skipping
❖ Moderate cycling	❖ Gymnastics	❖ Skating <i>(ice or roller)</i>
❖ Dancing <i>(aerobic, ballet, fast ballroom, square, tap)</i>	❖ Skiing <i>(downhill, cross-country)</i>	❖ Walking <i>(12-minute miles)</i>
❖ Jogging <i>(10-minute miles)</i>	❖ Squash	❖ Tennis

Activities of Daily Living *(active everyday chores count, too)*

❖ Gardening <i>(hoeing, planting, no heavy lifting)</i>	❖ Pushing a stroller or wheelchair	❖ Pushing a grocery cart, carrying grocery bags
❖ Loading/unloading the car	❖ Walking the dog	❖ Scrubbing the tub
❖ Mowing the lawn <i>(push mower)</i>	❖ Doing laundry	❖ Sweeping—inside or out
❖ Raking grass or leaves	❖ Chasing a toddler	❖ Vacuuming
❖ Mopping the floor	❖ Climbing stairs	❖ Washing the car

Active Play *(time goes by quickly when kids—and grown-ups—are having fun)*

❖ Biking	❖ Volleyball	❖ Badminton
❖ Basketball	❖ Throwing horseshoes	❖ In-line skating
❖ Jumping rope	❖ Soccer	❖ Playing catch
❖ Rope climbing	❖ Softball or Tee-Ball	❖ Ping Pong
❖ Playing on playground equipment	❖ Flag or Touch Football	❖ Games <i>(Keep Away, Hide and Go Seek, Tag)</i>