








How Much Physical Activity do Adults Need?

Physical activity is anything that gets your body moving. According to the *2008 Physical Activity Guidelines for Americans*, you need to do two types of physical activity each week to improve your health—aerobic and muscle-strengthening.

For Important Health Benefits

Adults need at least:

	2 hours and 30 minutes (150 minutes) of <u>moderate-intensity aerobic activity</u> (i.e., brisk walking) every week and
	<u>muscle-strengthening activities</u> on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms).
OR	
	1 hour and 15 minutes (75 minutes) of <u>vigorous-intensity aerobic activity</u> (i.e., jogging or running) every week and
	<u>muscle-strengthening activities</u> on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms).
OR	
 	An equivalent mix of moderate- and vigorous-intensity <u>aerobic activity</u> and
	<u>muscle-strengthening activities</u> on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms).

10 minutes at a time is fine

We know 150 minutes each week sounds like a lot of time, but you don't have to do it all at once. Not only is it best to **spread your activity out during the week**, but you can **break it up into smaller chunks of time during the day**. As long as you're doing your activity at a moderate or vigorous effort for **at least 10 minutes at a time**.

Give it a try

Try going for a 10-minute brisk walk, 3 times a day, 5 days a week. This will give you a total of 150 minutes of moderate-intensity activity. For more information go to:

<http://www.cdc.gov/physicalactivity/everyone/guidelines/adults.html>





Types of Physical Activity

Lifestyle Physical Activity

- Walk or ride a bicycle for transportation instead of a car
- Take the stairs instead of the elevator
- Park at the far end of the parking lot, and walk to your destination.
- Mow the grass and rake the leaves
- Get off the bus one stop early and walk the rest of the way.
- Walk every hole if you play golf
- Dance at every opportunity you have.
- Walk the dog, if you do not have one, borrow someone else's
- Do some extra laps when you are shopping at the mall.
- Chop or slit wood.
- Wash your car.
- Vacuum often.
- Get up to change the TV channel.
- March in place during TV commercials.
- Walk upstairs every time you have something to carry up, instead of waiting for a pile.
- Walk down the hall to talk to a co-worker instead of picking up the telephone or sending the e-mail.
- Stretch while watching TV
- Stand up while you are talking on the telephone.
- Wash your windows

Programmed Physical Activity

Aerobic

- Walking
- Jogging
- Stair climbing
- Swimming**
- Water walking**
- Water aerobics*
- Gardening
- Dancing-any type
- Aerobic classes
- Bicycling**
- Roller or ice skating
- Snow skiing
- Chair exercise
- Machines
- Treadmill
- Stair climber
- Stationary bike**
- Row machine**
- Ski machine*
- Elliptical trainer

- Sports
- Basketball
- Tennis
- Golf
- Touch football
- Ultimate Frisbee
- Soccer

Strength

- Free Weights (dumbbells)
- Elastic Bands
- Circuit machines
- Pilates
- Conditioning exercises
- Medicine balls

Flexibility

- Stretching
- Yoga
- Tai chi



* Low -impact activity

** Non-weight bearing activity





WOW! at Work (Working out with WIN) in 4 Easy Steps

This work out is designed for you, the hospital employee to help you reach the recommended physical activity goals of 30 minutes every day. Whether you are a nurse, a clerk, a technician, an administrator or work somewhere else in the hospital or clinic setting, you CAN work out! You don't need to change your clothes, buy equipment, or belong to an expensive gym in order to increase your physical activity during the day. Perform these five minute exercises at your regular work setting twice a day; add two brisk walks and you are on your way to better health. Let's get started!!

TIP: Use a stable desk chair, no wheels please!

Tip: If you can't do ten repetitions, start off with 8 or 5 or even 1. Add an additional repetition every week until you can do all ten!

Tip: Put in a daily exercise reminder on your calendar.

Tip: It is fun and supportive to work out with others, try getting your co-workers to join you.

Important: If you have any major health condition, or are concerned about your ability to perform these exercises, consult with your primary care provider.

Step 1: Give yourself ten minutes to walk before you start work in the morning. Pump your arms, move briskly, get your heart rate up and breathe deeply.

Step 2: At your desk, perform the 4 simple exercises, shown on the next page. It only takes about five minutes. Be sure to maintain good posture at your desk; feet flat on the floor, back straight without slouching, monitor at eye level, wrists straight.

Step 3: Repeat Step 2!

Step 4: End your day by walking briskly for ten minutes.



Desk Exercises

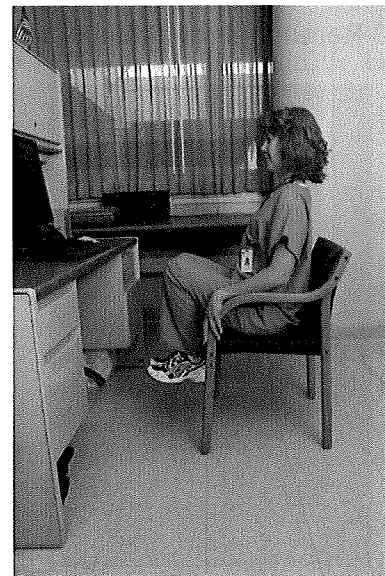
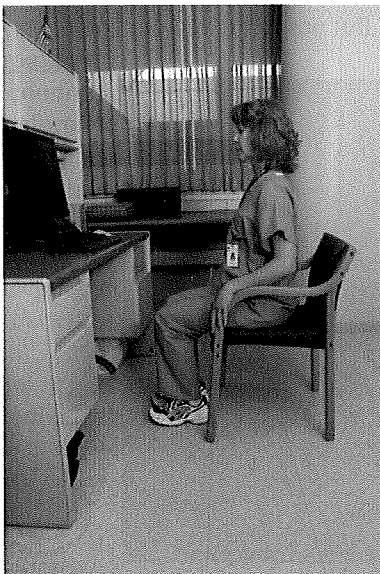
1) Triceps dip:

- a) Position your chair away from your desk to provide enough room to extend your legs straight out in front of you.
- b) Hold onto the arms of your chair and slowly to a count of 3, lower your-self down until your elbow is at a 90 degree angle with the chair arm. Hold for one full second.
- c) To a count of 3 return slowly to starting position.
- d) Repeat steps a-c for a total of ten repetitions.



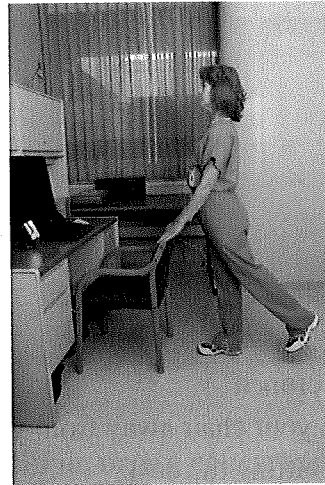
2) Abdominal crunch

- a.) Position your chair away from your desk to provide enough room to lift your knees up without hitting the desk.
- b.) Hold onto the arms of your chair. With your knees bent, your back straight and eyes straight ahead, raise your legs up and toward your stomach to a slow count of 3. Hold for one full second.
- c.) To a count of 3 slowly lower legs to starting position.
- d.) Repeat steps a-c for a total of ten repetitions.



Gluteal sweep

- a. Hold onto the back of your chair, back straight, eyes straight ahead, feet flat on the floor
- b. Slowly lift your right leg up straight up behind you to a 3 count as far as you can without swaying your back. Concentrate on squeezing your buttocks. Hold for a full second.
- c. Slowly return to starting position to a count of 3.
- d. Repeat steps a-c for a total of ten repetitions on the right leg.
- e. Repeat steps a-c for a total of ten repetitions with the left leg.



4) Bicep dip

- a. Position your chair slightly away from your desk to give yourself enough room to move.
- b. Hold onto the arms of your chair, back straight, eyes straight ahead.
- c. Using your arms, lift straight up from the chair for a count of 3 until your arms are nearly straight. Hold for one full second.
- d. Slowly, to a count of 3, lower yourself to the seated position.
- e. Repeat b-d for a total of ten repetitions.

