

**Did You Know?** It takes about 10 minutes of brisk walking to burn off the calories (50) in one small chocolate chip cookie ... one hour of walking at a moderate pace (20 min/mile) uses about the same amount of energy that is in one jelly-filled doughnut (300 calories). The takeaway? You don't have to deprive yourself of treats; just offset them with more exercise.



## STEP IT UP

Lack of physical activity is a risk factor for heart disease, the No. 1 killer in America.

Cardio (aerobic) exercise is the best activity for improving heart health. How do you know if you're working hard enough? Or too hard? When you're exercising aerobically, you should be breathing harder but still be able to talk in comfort.

## STAY ON TARGET

Exercise within your target heart rate to maximize the cardiovascular benefits. **Target heart rate formula:**

— **Subtract your age from 220.** That's your average maximum heart rate in beats per minute to use as a general guideline.

— **Find your exercising heart rate range: 50% to 75% of your maximum heart rate,** depending on your fitness level. Multiply your maximum heart rate by .50 and by .75 to calculate your target heart rate range. **Note:** If you're a beginner, work at 50 percent. Gradually work up to 75 percent.

— **Measure your pulse often** (on the inside of your wrist or the side of your neck). Count the number of single beats at various intervals while you're exercising, and try to stay within your target zone.

**Note:** Some high blood pressure medications can lower the maximum heart rate and thus the target heart rate. If you're on this type of medication, your health care provider can determine if this applies to you.

## Fascinating Facts About Fitness

Every time that little voice in your head says, "I don't feel like exercising today," think of one of these facts:

- **A routine of 30 minutes** of moderately intense activity most days of the week can help you sleep better and manage stress.
- **You burn 50-100 calories** an hour just sitting still — imagine what a little movement can do.
- **Muscle burns more calories** than fat does. So the more muscle you have, the more calories you burn, even at rest.
- **Low blood sugar levels** can make you feel too tired to exercise. Eat half a bagel, a scoop of yogurt, a handful of almonds or a hard-boiled egg before your exercise session if you feel sluggish.
- **It's never too late.** Studies show that even if you haven't exercised for a long time, a modest improvement in physical fitness lessens your risk of heart disease.



**The best advice:** Don't get discouraged. Focus on adding a little more movement to your life every day. You might enjoy the results so much, you'll find fitness has become a habit for life.

## INJURY PREVENTION QUICK TIPS

- **Warm up** and **cool down** every time you exercise.
- **Warm up your muscles** by exercising at a lower intensity for 10 minutes before more vigorous activity.
- **Stretch** gently after your warm-up and at the end of vigorous activity to reduce strain.
- **Pay attention** to your body. Stop exercising if you feel pain, become dizzy or have trouble breathing. Report any problems to your health care provider.
- **Wear the proper footwear** and comfortable clothing, and drink plenty of water.

# FITNESS YOU CAN FIT IN ANYTIME, ANYWHERE

THE FAST WAY  
TO FEELING  
GREAT



## DON'T HAVE TIME TO EXERCISE? SURPRISE!

If you're sitting down reading this, stand up. Now raise yourself up on your toes and slowly lower yourself down. Repeat a few times. Guess what? You're exercising.

That's right. It's just that quick and easy. With so much to do every day, lack of time is one of the most common excuses for not exercising. If you think you don't have time to exercise, you might be surprised to learn that fitting exercise into your busy schedule is easier than you think.

### A physically active lifestyle boosts your health and fitness.

Experts praise the health benefits of regular exercise and physical activities that get your heart pumping and your body moving. Examples include walking briskly, hiking, gardening and yard work, dancing, golfing when you walk and carry the clubs, bicycling, and light weight training workouts.

Focus on adding more movement to your daily activities. The tips in this brochure can help.

## Make Exercise a Habit

Regular exercise benefits both your body and your mind. **Just take a look at the rewards:**

- More energy
- Weight control
- Better sleep
- Healthier heart
- Less stress
- Looking and feeling younger
- Healthier cholesterol, blood pressure and blood sugar levels
- Stronger bones, muscles and joints
- Feeling happier and more confident

**Goal:** Moderate-intensity cardio (aerobic) exercise 30 minutes a day, five days a week *or* vigorous-intensity cardio exercise 20 minutes a day, three days a week. Include strength training twice a week.



## 21 WAYS TO FIT FITNESS INTO YOUR DAY

Rather than feel discouraged about a lack of time for exercise, focus on fitting fitness into your daily routine. A little effort and a few more steps here and there will add up.

### 10 WAYS TO BURN 100 CALORIES IN LESS THAN 30 MINUTES

1. **Jumping rope** 8 minutes
2. **Mowing the lawn** 13 minutes
3. **Basketball** 11 minutes
4. **Jogging** 13 minutes
5. **Weight lifting** (free weights) 17 minutes
6. **Pushing a stroller** 20 minutes
7. **Washing/waxing car** 25 minutes
8. **Calisthenics** 26 minutes
9. **Sweeping/vacuuming** 23 minutes
10. **Walking** (3 mph) 27 minutes

**Note:** These are approximate values for a person weighing 150 pounds at a moderate pace in continuous motion. The more you weigh and the faster your pace, the more calories you burn.

## 3 Ways to Stick With It

So you're on the road to fitness. Here's how to stay the course.

**1. Vary your activities.** Bike one day, swim the next and play basketball with friends the day after that. Do activities you find fun.

## Ready for Exercise?

Talk to your health care provider before making major changes in exercise, especially if you've been inactive, you are overweight or you have a chronic health problem.

### MORE TRIMMERS & TONERS

11. **Weed**, rake and work in the garden.
12. **Carry** groceries in for a neighbor.
13. **Walk** the stairs and escalator at every opportunity.
14. **Park** at the end of the parking lot and walk.
15. **Pick up** around the house.
16. **Ride** a stationary bike while watching TV.
17. **Walk** two blocks before or after work every day.
18. **Walk** a complete lap around the mall next time you shop.
19. **Wash** windows or sweep walkways.
20. **Get up** and walk while talking on the phone.
21. **Play** outside with your children, your grandchildren or the dog.

