



# Move Your Way to Fitness!

A well-balanced fitness program needs 3 things:

## AEROBIC ACTIVITY

### How much?

- At least **150 minutes (2.5 hours)** throughout the week of **moderate-intensity** aerobic activity – breathing hard but can still talk easily

*Examples: fast walking, gardening, housework, water aerobics, bike riding, dancing*

OR

- At least **75 minutes (1.25 hours)** throughout the week of **vigorous-intensity** aerobic activity – can only say a few words before having to take a breath

*Examples: walking uphill, heavy yardwork, running, playing a sport, swimming laps*

### Why?

Can help with weight loss, improved cardiovascular and brain health, decreased anxiety/depression, and better sleep



## MUSCLE STRENGTHENING

### How much?

Perform muscle-strengthening activities at least **2 days per week**.

- **Resistance training** – using **weights** or **resistance bands**

OR

- **Calisthenics** – using **your own body weight** to perform an exercise

*Examples: push-ups, squats, leg lifts*

### Why?

To protect body from injury, lower risk of falls, and improve bone health



## STRETCHING

Aerobic activity and muscle strengthening are important, but **don't forget to stretch!**

### How much?

Do some stretches whenever you perform an aerobic activity and when you perform muscle-strengthening exercises.

### Why?

Stretching improves flexibility, which can:

- reduce muscle tension/tightness
- lower risk of injury during daily activities, exercise, and work

