



# Get up. And get moving.

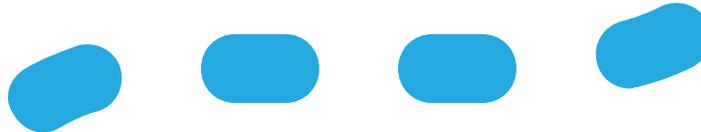
Sitting for too long (and too often) will decrease your energy level, stiffen your joints, and negatively affect your overall health. Every day, it's important to find opportunities to move more... particularly if you don't do any form of regular exercise (and even if you do have an exercise routine). Even if you already move all day, stretching and other activity can help ensure healthy movement.

Here are some simple ways you can add movement to your day. Check the activities you do this week, and see how quickly your extra movement adds up.



## While you're at work:

- If you sit at a desk or computer at work, stand up and stretch every 30 minutes, or go for a quick short walk.
- Walk around (or stand) while you're talking on the phone.
- Climb stairs when you have the option to do so.
- Make time to fit in stretches when on breaks.



## While you're at home or (or anywhere, really):



- Skip TV commercials and do a quick chore instead (sort your recyclables, sweep the kitchen floor, do some laundry).
- Reduce your sedentary screen time (watching TV, playing video games, scrolling through social media).
- If walking or standing isn't possible for you, find other ways to move: extend your legs, slide your feet along the floor, or raise your arms.



## While you're commuting:

- On the bus or subway, stand and offer your seat to someone.
- Don't take the bus to your final stop; get off early and walk the difference.
- Park in the farthest spot.



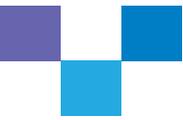
# Get yourself moving towards better health.

Adding physical activity to your day — and gradually increasing the amount of it — will improve your energy, your sleep, and your overall health. Aim for a minimum of 150 minutes of moderate-intensity activity each week. Every minute counts, so if you can only do two, do two — if you can do 20, do 20. You'll be amazed at how quickly you reach 150 — especially when you find activities you enjoy. Try gardening, dancing, walking... just get moving.

A great way to add more physical activity to your day is simply by walking. These suggestions can help you start; check the activities you do this week, and see how good you feel after each one.

- Take your dog (or your neighbor's) for a walk every day.
- Load a walking app onto your smartphone, or get an activity tracker. Work your way up to a daily step goal (it's easier than you think).
- Make a "family walk" or "friends walk" part of your after-dinner routine.
- Explore! Find parks, trails, or neighborhoods you enjoy and make them your regular walk routes.
- Join community-based programs like "Walk with Ease" and "Tools for Healthy Living" to stay motivated and moving on your path to health. To find a workshop near you go to [ripin.org/chn/](http://ripin.org/chn/)

Walking is an easy (and essentially free) way to increase your daily physical activity. All it takes is a single step to begin your journey toward better health.



# Let's get moving.

A guide to reaching your physical activity goals.

Adults should aim for:		
150-300 minutes per week of moderate activity	or	75-150 minutes per week of vigorous activity
	or	<b>a combination of both</b> In addition, adults should aim for two or more days per week of muscle strength training.

### About aerobic activity

- If you're exercising at "moderate" intensity, you can carry on a conversation. Examples are water exercise, brisk walking, and easy bike riding.
- If you're exercising at "vigorous" intensity, you cannot carry on a conversation and may find yourself out of breath. Examples of are swimming, jogging, playing tennis, and fast bike riding.
- Recommended aerobic activity frequency: \_\_\_\_\_ days per week
- Recommended aerobic activity intensity:  
 light     moderate     vigorous
- Recommended aerobic activity time: \_\_\_\_\_ minutes per day
- Recommended type of aerobic activity:     walk     run     bike     swim     other

### About strength training

- Not all strength training needs to be done at a gym. You can use elastic bands, dumbbells, and body-weight exercises (pushups, planks, squats, etc.) in the privacy of your own home. Yard work and other heavy-duty home chores are also effective strengthening exercises.
- You should take one day to rest between your strength training days.

Recommended strength training frequency: \_\_\_\_\_ days per week



# Moving leads to better health.

## **It's best to start simple.**

And it's as simple as moving more and sitting less. Take advantage of any opportunity to move: use the stairs, choose a farther parking spot, take a walk at lunch.

## **Friends make activity better.**

Find activities you enjoy, and people you enjoy doing them with. People who exercise together are more likely to stick with it and realize the benefits.

## **Be sure your health can handle it.**

Talk to your doctor about any health concerns before you increase your activity.

## **Find a way to motivate yourself.**

Activity trackers and smartphone apps are great ways to see just how much you accomplish. Use them to gradually work your way up to a daily step goal.

## **Don't overdo it.**

Gradually increase the pace of your activity and the time you spend on it. Always warm up before your activity and cool down after it.

## **Use community programs to engage in healthy habits.**

Look for community-based programs that can help keep you motivated and guide you on your path to health. For example, our "Walk with Ease" and "Tools for Healthy Living" programs can get you moving. To find a workshop near you go to [ripin.org/chn/](http://ripin.org/chn/)