The easy road to physical activity!

STOP!

SAFETY FIRST!

Choose a type of physical activity that fits YOU!

* **Walking – A 15-30 minute walk 5 times a week during your lunch break!**
* **Stair climbing – Climb the stairs at you job while on your lunch break!**
* **Dance – Pick up your baby and dance during every commercial!**
* **Yard work – Push mow that grass instead of riding! Rake leaves, pull weeds!**

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| Myths | Facts* Your garage or basement is a perfect place!
* 30 minutes a day 3-5 times a week is all the time you need to strength train including lifting hand weights, doing wall pushups, or using exercise bands.

**You should start out doing two sets of the above exercises. Doing 8-14 reps with each set.*** Everyone starts as a beginner!
* Strength training can be done with only your body weight!
* With proper body mechanics such as a flat, straight back, strength training causes no injury!
* Women want and need to be strong too!
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| * **You must have a gym to get stronger!**
* **Building muscle through strength training requires hours at the gym!**
* **Strength training requires lots of fitness knowledge!**
* **Strength training requires heavy weights**

 **such as dumbbells, weight bars,** **weighted plates for the bars, and benches to lift** **weights on.*** **Strength Training causes injury!**
* **Only men should want to build muscle and tone existing muscle.**
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**Strength training is the use of resistance during**

**exercise to build endurance and muscle strength!**

Strength training

* **Improved mood – Exercising causes your body to release endorphins that stimulate positive thoughts!**
* **Boost in energy – Your body responds positively to intentional movement!**
* **Better sleeping patterns – your body has a scheduled time to release energy so you are actually tired when you go to bed!**
* **Prevention of chronic health conditions**

***What is strength training?***

5 Rules of Exercising:

1. **Safety – Ensure your surroundings are safe for outdoor workouts and you have plenty of room for those indoor workouts!**
2. **Warm up – always have a 5-10 minute time to stretch prior to your exercise!**
3. **Hydration – 2 cups of water for every 15 minutes of exercise!**
4. **Cool Down – 5 – 10 minutes at the end of your workout for stretching, deep breaths and relaxation!**
5. **Make it Fun – choose an exercise activity you enjoy!**

Benefits of Physical Activity!

**There is always a way to exercise, even without a gym. Physical exercise is an essential part of daily living for an individual’s overall health and wellbeing. Exercising should be a fun, simple way of honoring our own body and bettering your health!**

***All it takes to become more physically active –***

* **Determination**
* **A small amount of time**
* **Exercise space anywhere you can make it!**
* **Willingness to learn**
* **Desire to better your own health**
* **A positive attitude**

References

**Laskowski, E. (n.d.). Fitting in fitness: Finding time for physical activity. Healthy Lifestyle – Fitness, 16.** [**https://www.mayoclinic.org/healthy-lifestyle/fitness/in- depth/fitness/art-20044531**](https://www.mayoclinic.org/healthy-lifestyle/fitness/in-%20%20%20%20%20depth/fitness/art-20044531)

**4 Types of Exercise. (2019, February 06). Retrieved February 10, 2019, from**

[**https://go4life.nia.nih.gov/4-types-of-exercise/**](https://go4life.nia.nih.gov/4-types-of-exercise/)

* **Running**
* **Hiking**
* **Climbing**
* **Basketball**

Examples!

* **Yard work**
* **Dancing**
* **Walking**
* **Swimming**

**Take a walk down our road of activity and recognize something you enjoy that’s considered exercise and could help keep you driving towards health…**

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