



GET MOVING with Physical Activity

You only have to do the following for significant health benefits:

- Move for 30 minutes, 3 or more times per week (try to move at a pace quick enough that it is difficult to hold a conversation with others)
- Try to get 10,000 steps—indoors or outdoors—per day throughout your daily activities
- You can walk with your family, with your dog, around your neighborhood, in the mall, or on a treadmill, in your garden, while playing with kids

5 components of an ideal fitness program:

Cardio/Aerobic (150 minutes of moderate activity or 75 minutes of vigorous activity per week):

- This will improve your heart health, help with weight loss, increase your stamina, and increase lean muscle mass.
 - *Examples:* bike (to work, school, or for fun), play with your children or grandchildren, swim, row, kayak, hike, dance, jump rope, try an exercise class or an exercise video (Zumba, spin, step, kickboxing). See www.cdc.gov/physicalactivity/basics/older_adults/.

Stretching and flexibility (3 times per week for 5-10 minutes each):

- Stretching will decrease your risk of injury, keep your joints mobile and muscles limber.
- Do each stretch 3-5 times, and hold each stretch for 10-30 seconds
 - *Examples:* Yoga, Tai Chi. For other simple stretching exercises, see go4life.nia.nih.gov/exercises/flexibility.

Core (several times per week):

- Core exercises include the muscles of the back and stomach will help with balance and making your body stable, and they will decrease your risk of injury.
 - *Examples:* Pilates, crunches, plank, bridge, side bends, leg lifts, push-ups, etc. See www.mayoclinic.org/healthy-lifestyle/fitness/multimedia/core-strength/sls-20076575?s=1.

Muscle strength (2 or more times per week, 2-3 sets of 8-12 repetitions of an exercise):

- Muscle strength is important to maintain bone density, decrease your risk of breaking bones, and prevent other injuries. It will allow you to better complete normal daily activities.
 - *Examples:* Pushups, squats, resistance bands, lifting weights, weight machines. (You can use soup cans as light weights, and do bodyweight exercises at home!). For other simple strength exercises, see go4life.nia.nih.gov/exercises/strength.

Balance (daily):

- Balance is important to prevent falls, which can be disabling in older populations.
 - *Examples:* Yoga, Tai Chi, stand on one foot while brushing your teeth, walk heel-to-toe to improve balance, practice the dance move "The grapevine." For other simple balance exercises, see go4life.nia.nih.gov/exercises/balance.

What is the best fitness program?

The one that you will do regularly and continue to do for years to come!