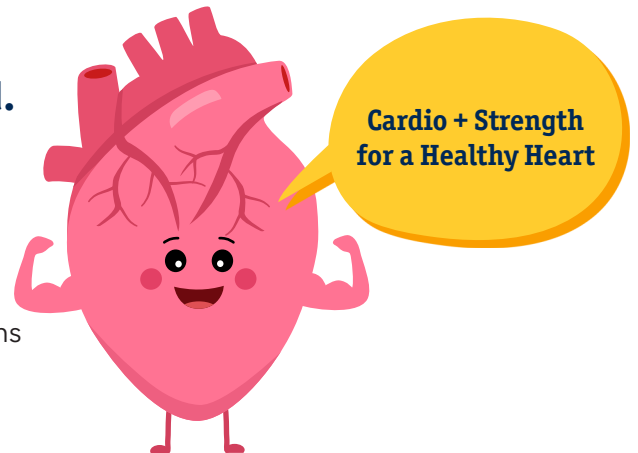


Being – and staying – physically active is one of the best things you can do for your heart, body and mind. And it's easier than you might think.

Combining simple aerobic activity + muscle strengthening can help you:

- ✓ Stay strong and healthy
- ✓ Feel your best
- ✓ Lower blood pressure, cholesterol, blood sugar
- ✓ Prevent heart disease, stroke, weight gain, and other conditions
- ✓ Live longer



Aerobic activity, or “cardio”



Gets your heart beating faster, quickens your breath, uses large muscle groups.



Brisk walking, hiking

Biking



Swimming



Pickleball



Active housework

Many activities blend cardio and strength training

- Dancing
- Rowing
- Cross country skiing

Muscle strengthening, or “resistance training”



Makes your muscles work harder with lifting, pushing or pulling movements.

Resistance bands



Squats



Push-ups
(regular, knee, wall)



Calf raises, leg lifts



Lunges

Hand weights



Goal

30 minutes,
5 days a
week

At least
150
minutes
a week

10-15
minutes
2 times a day

of moderate
intensity like
examples above

Goal

20-30
minutes

At least
2
days a week

Focus on
different
muscle groups

Quick Tips

- ✓ Set small, realistic goals
- ✓ Pick physical activities you enjoy
- ✓ Stick with it – being consistent matters
- ✓ Every bit counts – even 10 minutes at a time

