



Have fun while being active!

Tips for increasing physical activity

- Choose activities you enjoy and can do regularly
- Take a brisk 10 minute walk from the parking lot
- Join an exercise class
- Try something different on alternating days
- Swim, take a yoga class, garden, or lift weights
- To be ready anytime, keep comfortable clothes and walking or running shoes in the car and/or at the office



PHYSICAL ACTIVITY



How many calories does physical activity use?

| Moderate physical activities | Approximate calories used by a 150 pound adult | |
|--|--|---------------|
| | In 1 hour | In 30 minutes |
| Swimming | 300 | 150 |
| Light gardening work | 300 | 150 |
| Self-cleaning and vacuuming | 300 | 150 |
| Brushing teeth for 20 minutes per hour | 200 | 100 |
| Walking on level ground | 200 | 100 |
| Weight training (general light resistance) | 200 | 100 |
| Swimming | 150 | 75 |
| Light yard work | 150 | 75 |
| Light housework | 150 | 75 |
| Light yard work (chopping wood) | 150 | 75 |
| Weight lifting (general effort) | 100 | 50 |
| Basketball (recreational) | 100 | 50 |



Being physically active can help you:

- Increase your chances of living longer
- Feel better about yourself
- Decrease your chances of becoming depressed
- Sleep well at night
- Move around more easily
- Have stronger muscles and bones
- Stay at or get to a healthy weight
- Be with friends or meet new people



HOW MUCH PHYSICAL ACTIVITY DO I NEED ?



ADULT (ages 18-64 years)



- 150 minutes of aerobic physical activity each week
- Spread over at least 3 days a week is best.
- At least 10 minute at a time
- Strength activities like push-ups, sit-ups, and weight lifting at least 2 days a week.



Moderate physical activities

- Walking briskly (about 3 ½ miles per hour)
- Bicycling (less than 10 miles per hour)
- General gardening (raking, trimming shrubs)
- Golf (walking and carrying clubs)
- Dancing
- Water aerobics
- Canoeing
- Tennis (doubles)



Physical Activity Can Help Prevent:

- Heart disease
- Type 2 diabetes
- High blood pressure
- High blood cholesterol
- A stroke



CHILDREN AND ADOLESCENTS (6-17 years)

- 60 minutes or more of physical activity each day.
- Include muscle-building activities like climbing and bone-building activities like jumping, each at least 3 days a week
- Physical activity for children and adolescents should be developmentally appropriate, fun and include variety.



YOUNG CHILDREN (2-5 years)

- No specific recommendations
- Should play actively several times a day



Vigorous physical activities

- Running/jogging (5 miles per hour)
- Walking very fast (4 ½ miles per hour)
- Bicycling (more than 10 miles per hour)
- Heavy yard work, such as chopping wood
- Swimming (freestyle laps)
- Aerobics
- Basketball (competitive)
- Tennis (singles)



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SDSU Extension is offering a new service to consumers to assist in assessing conditions and locating information related to consumer issues and needs within the home and family. The toll free number for South Dakota's is call 1-888-393-4336



Physical activity and nutrition work together for better health.

For more information visit:
ChooseMyPlate.gov



STAY SAFE



- If you haven't been active in a while, start slowly and build up.
- Learn about the types and amounts of activity that are right for you.
- Choose activities that are appropriate for your fitness level.
- Build up the time you spend before switching to activities that take more effort.
- Use the right safety gear and sports equipment.
- Choose a safe place to do your activity.
- See a health care provider if you have a health problem.



Insert Visual of Actual Display



Supplies Needed

- Tri-fold board (48"x36") or similar display area
- Printed PowerPoint slides (14) on 8"x11" card stock paper.
- Tape or push pins.
- Preferred Handouts:
 - Be Physically Active
(http://www.prevention.va.gov/docs/VANCP_HL_Be_Physically_Active_508.pdf)
 - Strive for a Healthy Weight
(http://www.prevention.va.gov/docs/VANCP_HL_Healthy_Weight_508.pdf)

Suggested display items:

- Running shoes
- Jump rope
- Exercise bands
- Free weights
- Medicine ball

References:

- Eatright.org
- Choosemyplate.gov

Pictures from:

- <http://office.microsoft.com>
- Choosemyplate.gov

PHYSICAL ACTIVITY



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How many calories does physical activity use?

| Moderate physical activities: | Approximate calories used by a 154 pound man | |
|---|---|---------------|
| | In 1 hour | In 30 minutes |
| Hiking | 370 | 185 |
| Light gardening/yard work | 330 | 165 |
| Dancing | 330 | 165 |
| Golf (walking and carrying clubs) | 330 | 165 |
| Bicycling (less than 10 miles per hour) | 290 | 145 |
| Walking (3 ½ miles per hour) | 280 | 140 |
| Weight training (general light workout) | 220 | 110 |
| Stretching | 180 | 90 |
| Vigorous physical activities: | In 1 hour | In 30 minutes |
| Running/jogging (5 miles per hour) | 590 | 295 |
| Bicycling (more than 10 miles per hour) | 590 | 295 |
| Swimming (slow freestyle laps) | 510 | 255 |
| Aerobics | 480 | 240 |
| Walking (4 ½ miles per hour) | 460 | 230 |
| Heavy yard work (chopping wood) | 440 | 220 |
| Weight lifting (vigorous effort) | 440 | 220 |
| Basketball (vigorous) | 440 | 220 |

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