

Be Physically Active



Physical activity is good for your heart. It helps control blood pressure, manage weight, and raise HDL (good) cholesterol. It also helps build healthy bones, muscles, and joints and lowers your risk for type 2 diabetes and colon cancer.

PHYSICAL ACTIVITY GUIDELINES

Each week, adults should do at least 2 hours and 30 minutes of moderate-intensity (or 1 hour and 15 minutes of vigorous-intensity) physical activity. Additional physical activity may be needed to lose weight and prevent weight gain. Children and teens should do at least 60 minutes of physical activity every day. Start slowly. Build up gradually. This gives your body time to adjust to exercise. It also helps you avoid soreness and injury.

TARGET HEART RATE

Age	Beats Per 10 Seconds
20	17 to 28
30	16 to 27
35	16 to 26
40	15 to 26
45	15 to 25
50	14 to 24
55	14 to 23
60	13 to 23
65	13 to 22

This is the heart rate you should aim for during the aerobic phase of your activity.

THREE STEPS OF AEROBIC EXERCISES

Aerobic exercise improves heart and lung function. It uses large muscles of the lower body (the legs and buttocks). Walking, swimming, cycling, jumping rope, and jogging are types of aerobic exercise.

1. **Warm Up.** Spend 5 to 10 minutes doing the aerobic activity at a slower pace or walk.
2. **Aerobic Activity.** To be aerobic, the activity you choose should:
 - Be steady and nonstop
 - Allow you to speak without gasping for breath

- Last a minimum of 20 minutes. You can start out for shorter periods of time, many times a day. For example, start with 5 minutes, 4 times a day. Try to do more minutes each time.

- Result in your target heart rate. See Target Heart Rate above.

3. **Cool Down.** Cool down slowly. Choose a slower pace of the activity you were doing. For example, if you were walking briskly, walk slowly. Then, stretch for 5 to 10 minutes.

