

Time to get PHYSICAL

GET FIT AND STAY FIT

“Fitness: if it came
in a bottle,
everybody would
have a great body.”
- Cher

Having six pack abs doesn't come from drinking a six pack, and you don't need to have six pack abs to be fit. Get fit by making exercise and healthy eating a regular part of your life.

HOW MUCH EXERCISE DO YOU NEED?

Each week, adults should do:

- A. At least two hours and 30 minutes of moderate aerobic activity, such as brisk walking...OR
- B. One hour and 15 minutes of vigorous aerobic activity, such as jogging, aerobic dancing, and jumping rope...OR
- C. A combination of activities from A and B

For increased fitness or to lose weight or keep lost weight off, do:

- Five hours of moderate physical activity a week
OR
- Two hours and 30 minutes of vigorous aerobic activity a week

TIPS FOR AEROBIC ACTIVITY

- **Warm up.** Spend five to 10 minutes stretching or doing the aerobic activity at a slower pace. For example, walk at a slower pace if your aerobic activity is brisk walking.
- **Aerobic activity.** To be aerobic, the activity needs to use large muscles of the lower body and be steady and nonstop for at least 10 minutes at one time. During this time, you should reach your target heart rate. (See chart below.)
- **Cool down.** Choose a slower pace of the activity you were doing or stretch for about five minutes.

TARGET HEART RATE ZONE

| Age | Beats per 10 Seconds |
|-----|----------------------|
| 20 | 20-27 |
| 25 | 19-26 |
| 30 | 19-25 |
| 35 | 18-25 |
| 40 | 18-24 |
| 45 | 17-23 |
| 50 | 17-23 |
| 55 | 16-22 |
| 60 | 16-21 |
| 65+ | 15-20 |

Action Step

In addition to aerobic exercise, do muscle strengthening and stretching exercises on two or more days a week.