

# Dietary Guideline #2: Physical Activity



## Goals:

1. Engage in regular physical activity and reduce sedentary activities to promote health, psychological well-being, and a healthy body weight.
2. To help manage body weight and prevent gradual, unhealthy body weight gain in adulthood: Engage in approximately 60 minutes of moderate to vigorous-intensity activity on most days of the week while not exceeding caloric intake requirements.
3. Achieve physical fitness by including cardiovascular conditioning, stretching exercises for flexibility, and resistance exercises or calisthenics for muscle strength and endurance.

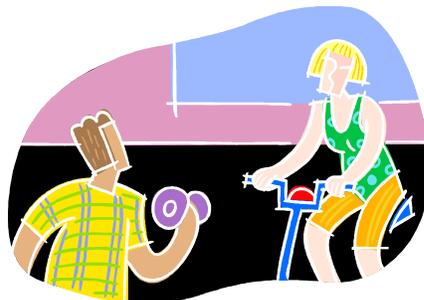
**“There are 1440 minutes in every day... schedule 30 of them for physical activity.”**

## HOW PHYSICAL ACTIVITY IMPACTS HEALTH

Regular physical activity that is performed on most days of the week reduces the risk of developing or dying from some of the leading causes of illness and death in the United States.

Regular physical activity improves health in the following ways:

- Reduces the risk of dying prematurely.
- Reduces the risk of dying prematurely from heart disease.
- Reduces the risk of developing diabetes.
- Reduces the risk of developing high blood pressure.
- Helps reduce blood pressure in people who already have high blood pressure.
- Reduces the risk of developing colon cancer.
- Reduces feelings of depression and anxiety.
- Helps control weight.
- Helps build and maintain healthy bones, muscles, and joints.
- Helps older adults become stronger and better able to move about without falling.
- Promotes psychological well-being.

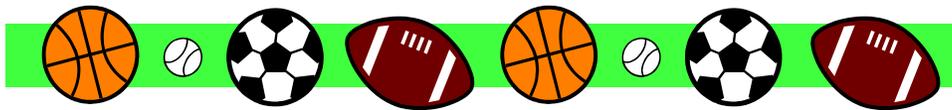




# 30 minutes

You can meet your goal of at least 30 minutes of moderately-intense physical activity by participating in aerobic activities. Aerobic exercise includes any activity that makes you breathe harder than when you are resting and increases your heart rate.

Experts recommend moderate-intensity exercise. At this pace, you may breathe harder and find it more difficult to talk, but you should still be able to carry on a conversation. If you are just beginning, slowly work up to moving at a moderate-intensity pace.



## What do they mean by “moderate”?

### Examples of moderate amounts of physical activity

#### Common Chores

Washing and waxing a car for 45-60 minutes  
 Washing windows or floors for 45-60 minutes  
 Gardening for 30-45 minutes  
 Wheeling self in wheelchair 30-40 minutes  
 Pushing a stroller 1 ½ miles in 30 minutes  
 Raking leaves for 30 minutes  
 Walking 2 miles in 30 minutes (15min/mile)  
 Shoveling snow for 15 minutes  
 Stair walking for 15 minutes

#### Sporting Activities

Playing volleyball for 45-60 minutes  
 Playing touch football for 45 minutes  
 Walking 1 ¾ miles in 35 minute (20min/mile)  
 Basketball (shooting baskets) 30 minutes  
 Bicycling 5 miles in 30 minutes  
 Dancing fast (social) for 30 minutes  
 Water aerobics for 30 minutes  
 Swimming Laps for 20 minutes  
 Basketball (playing game) for 15-20 minutes  
 Bicycling 4 miles in 15 minutes  
 Jumping rope for 15 minutes  
 Running 1 ½ miles in 15 min. (10min/mile)

# Fitness on a budget: Low-cost ideas for getting in shape

## Start with modest investments

If you're just getting started and are looking for real fitness bargains, here are some low-cost exercise products you can buy for the home or take with you when you travel:

- **Dumbbells**
- **Jump-ropes**
- **Resistance tubing and bands**
- **Exercise videos**

## Improvise

- **Fill empty milk, water or dishwashing-detergent bottles** with water or sand and secure the top with duct tape to create an inexpensive set of adjustable weights. By adding more water or sand to the jugs, you can adjust the weights as your fitness level changes. Use your household scale to check the weight.
- **Canned goods** come in a variety of sizes and are easy to hold in your hand as weights. You can also take a pair of tube socks and put an 8-ounce can in each. Tie the socks together, creating a 1-pound bag that you can use as an ankle or hand weight.
- **Bags of cereal, potatoes and frozen peas** come in sizes from one to 10 pounds. You can use them for a variety of exercises, including chest presses, calf and shoulder raises, leg extensions, and squats or lunges.

## Be a savvy shopper

- **Think twice about your needs.** If you want to do step training — an aerobic exercise resembling stair climbing — do you have to have the \$1,500 home stair stepper? Or would a fitness step or low, sturdy step stool and some step aerobic videos do the trick at a fraction of the cost?
- **Buy used equipment.** Look in your local Yellow Pages for stores that specialize in used sporting goods and exercise equipment. Check your local newspapers and office, store or college-campus bulletin boards, and you'll frequently find barely used exercise equipment for sale.
- **Share costs with a friend.** Trade exercise videos with a friend so that neither of you gets bored doing the same workout over and over again.

## Don't overlook everyday opportunities

- **Step it up.** Walking is a free activity you can do almost anytime. If the weather is bad, walk briskly around the mall or even a local museum. Take the stairs instead of the elevator. Sneak in extra steps whenever you can by parking farther away from stores or work.
- **Play with your children.** If you have children, you have willing exercise partners. Don't just watch them play. Join them for a game of tag or kickball. Or walk them to the park rather than driving.
- **Don't hire extra help.** Shovel the snow yourself in the winter and don't hire anyone to mow the lawn in the summer. You'll get some exercise and save the cost of having someone else do these chores.

## Daily Activity Diary

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

**Physical Activity Goals:**

**Name:** \_\_\_\_\_

**Date:** \_\_\_\_\_