GET MOVING!

We all know exercise is good for you, but do you know how good? Not only do we feel better, we have more energy and might even live longer. The benefits of an active lifestyle include a lower risk of chronic disease, a higher energy level, better aerobic fitness than inactive adults, and better overall health. Now is the time to add an easy exercise program to your daily routine. The benefits are yours for the taking.

Adults need to do two types of physical activity each week: aerobic and muscle strengthening. Add some of the below activities to your exercise repertoire and have some fun while you’re doing it.

Types of Moderate-Intensity Aerobic Activities
- Brisk walking (3 miles-per-hour or faster, but not race walking)
- Water aerobics
- Bicycle riding (slower than 10 miles per hour)
- Tennis (doubles)
- Ballroom dancing
- General gardening

Types of Vigorous-Intensity Aerobic Activities
- Race walking, jogging, or running
- Swimming laps
- Tennis (singles)
- Aerobic dancing
- Bicycling 10 miles per hour or faster
- Jumping rope

Muscle Strengthening
Adults need to do muscle-strengthening activities at least two days a week at a moderate to high level of intensity. These activities should work all the major muscle groups: legs, hips, back, chest, abdomen, shoulders, and arms.

Do muscle strengthening exercises to the point that it would be difficult to do another repetition. A repetition is one complete movement of an activity, like lifting a weight or doing a sit-up. Adults can do activities that strengthen muscles on the same or different days that they do aerobic activity, whichever works best.

Types of Muscle-Strengthening Exercises
- Lifting weights
- Working with resistance bands
- Doing exercises that use body weight for resistance (push-ups, sit-ups)

Getting Your Physical Activity Each Week
Finding the time to squeeze in 150 minutes of moderate intensity activity may seem challenging. As long as you keep up an activity for 10 minutes it counts towards your goal of 150 minutes per week.

Visit [www.cdc.gov/physicalactivity](http://www.cdc.gov/physicalactivity) for tips on getting active.

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