

Physical Activity

Healthy Lifestyles Program (HeLP) - Children's Mercy Family Health Partners



TYPES OF PHYSICAL ACTIVITY

Aerobic Activity

In this kind of physical activity (also called an endurance activity or cardio activity) the heart rate is elevated for a sustained period of time. Brisk walking, running, bicycling, jumping rope, and swimming are all examples.

Aerobic activity causes a person's heart to beat faster than usual.

Muscle-Strengthening Activity

This kind of activity, which includes resistance training and lifting weights, causes the body's muscles to work or hold against an applied force or weight. These activities often involve relatively heavy objects, such as weights, which are lifted multiple times to train various muscle groups. Muscle-strengthening activity can also be done by using elastic bands or body weight for resistance. Using your own body weight is also effective (i.e. push-ups and sit-ups)

People of all types, shapes, sizes, and abilities can benefit from being physically active. Talk with your health care team about the amount and types of activities that are right for your ability or condition.



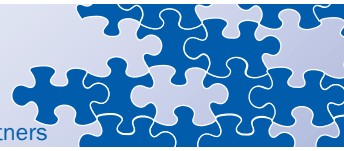
How much physical activity do I need to do?

This chart tells you about the activities that are important for you to do. Do both aerobic activities and strengthening activities. Each offers important health benefits. And remember, some physical activity is better than none!

<p>Aerobic Activities</p>	<p>If you choose activities at a moderate level, do at least 2 hours and 30 minutes a week.</p> <p>If you choose vigorous activities, do at least 1 hour and 15 minutes a week.</p>	<ul style="list-style-type: none"> • Slowly build up the amount of time you do physical activities. The more time you spend, the more health benefits you gain. Aim for twice the amount of activity in the box at left. • Do at least 10 minutes at a time. • You can combine moderate and vigorous activities.
<p>Muscle Strengthening Activities</p>	<p>Do these at least 2 days a week.</p>	<ul style="list-style-type: none"> • Include all the major muscle groups such as legs, hips, back, chest, stomach, shoulders, and arms. • Exercises for each muscle group should be repeated 8 to 12 times per session.

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Moderate Activities (I can talk while I do them, but I can't sing.)

- Ballroom and line dancing
- Biking on level ground or with few hills
- Canoeing
- General gardening (raking, trimming)
- Sports where you catch and throw (baseball, softball, volleyball)
- Tennis (doubles)
- Using your manual wheelchair
- Using hand cyclers
- Walking briskly
- Water aerobics

Vigorous Activities (I can only say a few words without stopping to catch my breath.)

- Aerobic dance
- Biking faster than 10 miles per hour
- Heavy gardening (digging, hoeing)
- Hiking uphill
- Jumping rope
- Martial arts (such as karate)
- Race walking, jogging, or running
- Sports with a lot of running (basketball, hockey, soccer)
- Swimming fast or swimming laps
- Tennis (singles)

Do it your way.

- Pick an activity you like and one that fits into your life.
- Find the time that works best for you.
- Be active with friends and family. Having a support network can help you keep up with your program.
- There are many ways to build the right amount of activity into your life. Every little bit adds up and doing something is better than doing nothing.

The best physical activity is the one that is enjoyable enough to do regularly.

No Gym. No Problem. Walking for Fitness!

Adults should strongly consider walking as one good way to get aerobic physical activity. Many studies show that walking has health benefits. Walking also has a low risk of injury. It can be done year-round and in many settings.

- Start by doing what you can, and then look for ways to do more. If you have not been active for a while, start out slowly. After several weeks or months, build up your activities — do them longer and more often.
- Walking is one way to add physical activity to your life. When you first start, walk 10 minutes a day on a few days during the first couple of weeks. Use a pedometer to help track your steps and progress.
- Add more time and days. Walk a little longer. Try 15 minutes instead of 10 minutes. Then walk on more days a week.
- Pick up the pace. Once this is easy to do, try walking faster. Keep up your brisk walking for a couple of months.

Notes:



Children's Mercy
FAMILY HEALTH PARTNERS
www.fhp.org

Customer Service: **1-800-347-9363 MO; 1-877-347-9363 KS**
Nurse Advice Line: **1-800-347-9369 24 hours a day**

This information is educational in nature and can be used as guide. However, it is not intended to replace a doctor's medical direction. If you have questions or concerns, talk to your doctor or healthcare provider.

Children's Mercy Hospitals and Clinics, Departments of Health Management & Nutrition Services, Healthy Lifestyle Team

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