

Walk **NEBRASKA**

The Fitness Formula

If you are interested in improving your overall health, the Physical Activity Guidelines for Americans recommend that you should get at least 2 hours and 30 minutes of moderately intense physical activity each week. Moderate activities include brisk walking, ballroom dancing or general gardening. Do at least 10 minutes at a time and be active at least 3 days a week. You may choose to be active 5 days a week with 30 minutes of activity. If you prefer vigorous activities such as jogging, aerobic dancing or jumping rope, do at least 1 hour and 15 minutes a week. For more flexibility, select a combination of moderate and vigorous activities.

Instead of thinking in terms of a specific exercise program, work toward permanently changing your lifestyle to incorporate more activity. Don't forget that muscles used in any activity, any time of day, contribute to fitness. Try working in a little more movement with these extras:

- Take the stairs instead of the elevator.
- Park at the far end of a parking lot and walk to the office or store.
- Get off public transportation a few blocks before your stop.
- Get up from your desk during the day to stretch and walk around.
- Connect with others at work by walking to their office instead of calling or using e-mail.
- Take a brisk walk when you get the urge to snack.
- Increase your pace when working in the house or yard.
- Mow your own lawn and rake your own leaves.
- Carry your own groceries.
- Walk around when talking on a cordless phone.
- Circle around the house during commercial time on TV.
- Forget using remote controls and garage door openers.
- Be less efficient – make more trips up or down stairs when carrying items to their proper place.

Source:

<http://www.health.gov/paguidelines/>

Know how. Know now.



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