

CORE GUIDELINES FOR PHYSICAL ACTIVITY



Aerobic exercise uses your large muscles and increases your heart and breathing rates. Brisk walking, jogging, biking, basketball, lap swimming, dancing, heavy yard work, etc. are all aerobic if you continue for at least 10 minutes without stopping to rest.

Benefits include:

- Helps with maintaining weight loss for the long-term
- Lowers high cholesterol and blood pressure
- Improves stamina and endurance
- Lowers stress-related hormones
- Improves sleep, memory and concentration
- Improves mood, depression and anxiety
- Improves immune system
- Strengthens bones and decreases risk for bone loss (osteoporosis)
- Lowers risk for cancer of the colon, breast, kidney, esophagus and reproductive organs.

How to Begin an Aerobic Exercise Routine

The goal for long-term weight loss is to work up to 225 min/week of physical activity. But remember, even a few minutes is better than none. If you are not currently exercising, it is important to slowly work your way up to prevent injury. If you are already exercising – start with your current minutes and build up.

Week #	Days Per Week	Minutes Per Day	Total Minutes Per Week
1	3	15	45
2	4	15	60
3	4	20	80
4	4	25	100
5	4	30	120
6	5	30	150
7	5	30	150
8	5	35	175
9	5	35	175
10	5	40	200
11	5	40	200
12	5	45	225



Talk Test for Intensity

Use the “Talk Test” or a heart rate monitor to maintain the right intensity level during exercise.

- If you are breathing faster than normal but are still able to carry on a conversation you are exercising at the right intensity.
- If you cannot talk or catch your breath, you are exercising too hard.
- If you can sing while you exercise, you are not exercising hard enough.
- Aim for activities that are continuous for at least 10 minutes. Stop-and-go activities such as bowling are not as beneficial because they are not continuous and not intense enough.

How Hard Should I Work?

Your maximum heart rate (HR) = $220 - \text{age (in years)}$ = _____

Heart Rate Zone	Effort	How Hard It Feels	Heart Rate	Talk Test
Zone 1	Very easy	5 out of 10	50-60% Max HR	Can Sing
Zone 2	Easy	6 out of 10	60-70% Max HR	Comfortable to talk
Zone 3	Medium	7 out of 10	70-80% Max HR	Can Talk, but breathing heavily
Zone 4	Hard	8 out of 10	80-90% Max HR	Too hard to talk
Zone 5	Very Hard	9-10 out of 10	90-100% Max HR	Unable to talk



Get Moving with Fitbit

- Fitbit tracks your steps and sleep! Remember to wear it daily (and nightly) to help you track your progress.
- Set a step goal. Increase by 500 steps a day each week until you reach 10,000 steps per day.



Look for ways to increase your steps in your daily routines:

- Park further away from your office or the grocery store
- Have a walking meeting with a colleague or friend
- Plug in a podcast and go!
- Take the stairs instead of the elevator
- Go up and down the stairs in your house a few times
- Have a dance party (by yourself or with the whole family!)

Your Fitbit comes with a free 1-year premium subscription which includes health and fitness stats, advanced sleep analytics, access to over 200 video and audio workouts as well as audio guided mindfulness sessions.