



Exercise 60-90 Minutes Daily

CHALLENGE

Exercise 60-90 minutes daily on at least 22 days this month.

Requirements to Complete this HEALTH CHALLENGE™

1. Keep a written record of your exercise minutes each day.
 2. Read "The benefits of exercise" and "Exercise basics," and "Ideas to get you started."
 3. To complete the Challenge, exercise 60-90 minutes on a minimum of 22 days this month.
 4. Keep records of your completed Challenge in case your organization requires documentation.
- * You might need a month or 2 to build up to this Challenge.

The benefits of exercise

You've heard it before: Physical movement is essential for fitness, weight loss, and health. The Centers for Disease Control and Prevention recommends at least 30 minutes of moderate intensity exercise daily for disease prevention.

To move toward a healthier weight and prevent weight gain, aim for at least 60 minutes of moderate to vigorous intensity physical activity on most days. Once you achieve a healthy weight, you may need 60-90 minutes of exercise to keep the weight off.

Exercise is essential for a healthy weight. To lose weight, you must use up more calories than you take in. This is best done by combining physical activity with watching what you eat. Since one pound equals 3,500 calories, you might need to reduce your caloric intake by 500-1,000 calories a day to lose 1-2 pounds per week. This does not mean you skip meals or go on a liquid diet. Simply make sure the foods you eat are good for you.

You might not notice any weight loss at first, as your body converts fat tissue into muscle tissue. Some people can exercise faithfully or make dietary changes and not lose any noticeable weight for some time.

Exercise is an investment in your health that will pay rich dividends.

Exercise basics

Moderate intensity physical activity is any activity that takes about as much energy as a brisk walk. For the average person, this means walking 1½-2 miles in 30 minutes or 3-4 miles in 60 minutes. At this pace, your breathing will quicken and your heart will beat faster.

Most healthy people don't need to see their doctors before starting a moderate-intensity activity program. However, if you have a health problem, such as diabetes, obesity, or a heart problem, get your doctor's guidance first before beginning a fitness program.

If you're truly sedentary or not regularly physically active, knowing that physical activity is good for you doesn't mean that it will be easy for you to make it part of your daily routine. It can be difficult to establish new habits. You might need grit determination to up your activity level. Or, a simple change of perspective might be all you need. Find an activity you enjoy and exercise with friends. In addition to being good for you, exercise can also be fun.



Start small

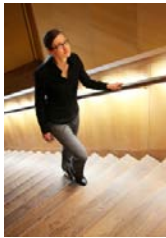
Increasing your activity level is easier than you might think. You could bicycle with friends through a local park, go swimming a little more often, dance, build a play house or tree house, or work at a job that has physical demands. You can exercise for 60-90 minutes all at once, or divide it into 2-6 parts during the day. If you divide it up, each part should be at least 10 minutes long.

It might have taken you years to get out of shape. Give your body time to adapt and strengthen. Start out with 10 minutes of any type of physical activity. You could walk to the corner store for that gallon of milk, climb the stairs to your office, do active household chores, and participate in a backyard game of badminton. When you're able to carry on an animated conversation while exercising, it's time to increase the time you spend in physical activity. For example, walk a little farther the next day.

Over several weeks, you'll find you can slowly increase the time you spend exercising until you are able to accumulate the full 60-90 minutes in a day. When you can easily complete your 60-90 minutes, you can gradually increase intensity if you wish to develop higher fitness levels. Adding strength training and flexibility exercises will help you have more energy and look more toned.

Ideas to get you started

With a little creativity and planning, even the person with the busiest schedule can make room for physical activity. Think about your weekly or daily schedule and make opportunities to be more active. Every little bit helps. Try some of the following suggestions – or come up with a few ideas of your own:



At work:

- Walk, cycle, jog, or skate to work, school, or the store.
- Park the car farther away from your destination.
- Get on or off the bus several blocks away.
- Take the stairs instead of the elevator or escalator.
- Take fitness breaks – walking or doing desk exercises – instead of taking cigarette or coffee breaks.
- If you find it too difficult to be active after work, try exercising before work.

After work:

- Join the office softball or bowling team.
- Take a class in martial arts, dance, or yoga.
- Keep a pair of comfortable walking or running shoes in your car. You'll be ready for activity wherever you go!
- Exercise while watching TV (for example, use hand weights, ride a stationary bicycle, walk on a treadmill or stair climber, or stretch).
- Stand or walk around when talking on the telephone.



On the weekend:

- Organize a group-walk on Saturday or Sunday mornings.
- If you are physically able, clean out your gutters or power-wash your siding instead of hiring it out.
- Avoid labor-saving devices. Turn off the self-propel option on your lawn mower or vacuum cleaner.
- Push the baby in a stroller.
- Walk up and down the soccer or softball field sidelines while watching the kids play.
- Plant and care for a vegetable or flower garden.
- Play with the kids – tumble in the leaves, build a snowman, splash in a puddle, or dance to favorite music.
- Swim or do water aerobics.
- Dance.
- Golf (pull cart or carry clubs).
- Canoe, row, or kayak.
- Play racket ball, tennis, or squash.
- Ski cross-country or downhill.
- Play basketball or soccer.
- Hand cycle or play wheelchair sports.



Being physically active is vital to living a healthier, happier life. Physical activity...

- Improves self-esteem and feelings of well-being.
- Lowers risk of heart disease, colon cancer, and type 2 diabetes.
- Helps build and maintain bones, muscles, and joints.
- Builds endurance and muscle strength.
- Increases fitness level.
- Helps control blood pressure.
- Reduces feelings of depression and anxiety.
- Helps you achieve and maintain a healthy weight.
- Improves cholesterol levels.
- Enhances flexibility and posture.

Read more benefits of physical activity: www.wellsource.info/wn/phys-activity-medicine.pdf

**Exercise will benefit you for all of your life.
You will be healthier, feel your best, and perform at your best.**

Sources: Centers for Disease Control and Prevention. U.S. Department of Agriculture. 2010.





Exercise 60-90 Minutes Daily

Instructions

1. Post this calendar where you will see it daily (bathroom, kitchen, bedroom, etc.).
2. Use this calendar to record your exercise program (min/day as well as type of exercise), weekly weight, and any other items you may want to track.
3. At the end of the month, total the number of days you accumulated 60-90 minutes of physical activity. To meet this challenge, you must exercise for 60-90 minutes on at least 22 days this month. Then keep up this health practice for a lifetime of best health!
4. Keep this record for evidence of completion.

CHALLENGE
Exercise 60-90 minutes daily on at least 22 days this month.

MONTH: _____							HC = Health Challenge	ex. min. = exercise minutes
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	Weight & weekly summary	
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_____ Number of days this month I did 60-90 minutes of exercise

Other wellness projects completed this month:

Name _____ Date _____

