

Physical Activity in Your Daily Routine



Think of a typical day in your life. Now think of some different activities that you could incorporate into your daily routine to achieve 30 minutes of physical activity. If you are ready, try and think of activities to achieve 60 minutes of physical activity.

Example

Walk during your work break..... 10 minutes

Walk with your children after work..... 10 minutes

Dance with your partner to music after dinner..... 10 minutes

Total time.....30 minutes

Activity	Time
Total Time	

Tips to help you and your family be more active

Here are 26 tips to help you and your family be more active.

1. **Get your garden on!** Gardening, lawn mowing and yard work are great ways to get active outdoors. No yard? No problem. Try container gardening or a local community garden.



2. **Work out while working.** Add some healthy activity to your workday. Take walking breaks or walk and talk during your meetings, do some yoga or stretching during downtime.

3. **Schedule it.** Having trouble making time for physical activity? Set an alarm on your phone or schedule it on your calendar – and treat it like any other important appointment.

4. **Set a goal.** Having a commitment or goal, like being active for at least 150 minutes each week, will help you stay on track. Share it with others to keep yourself accountable. If you're the competitive type, virtual challenge friends, family or coworkers and see who can consistently meet their goals over time.



5. **Just dance.** Clear some space, put on some music, and take a dance break! It can re-energize a work meeting, study session, lazy Sunday or game night. Let each person take a turn as DJ so everyone's favorites get played.

6. **Put the screens on hold.** Instead of heading right for the TV or game console after dinner, make that family activity time. Take a walk, practice a sport, or play a game of tag or hide-and-seek.

7. **Be an active parent.** Experts say that what kids want more than anything else is time with their parents. To give them that, don't just send them out to play — go play with them!



8. **Get a kinder, gentler workout.** Try mindful movement like yoga, tai chi or qi gong. These gentle mind-body practices may leave you less stressed and can be done just about anywhere.

9. **Stress is no excuse to skip your workout.** Regular physical activity can help you manage stress, sleep better and have more energy.

10. **Tune into fitness during TV time.** Walk or jog in place or on a treadmill, lift weights, or do yoga while you watch your favorite shows. Break up a TV binge with a bit of activity between episodes. Or challenge the kids to see who can do the most burpees, pushups or jumping jacks during commercial breaks.

11. **Make active chore cards.** Let each family member draw a card each day with a different active task that needs to be done. Cleaning up after dinner, walking the dog, taking the trash out, folding laundry and unloading the dishwasher.



12. **Change up date night.** An evening out with your spouse or bestie doesn't have to mean dinner and a movie. Keep a list of activities that would be fun to do together, like walking, bowling, miniature golf, dancing, indoor rock climbing, or hula hooping!

13. **Warm up to warming up.** A proper warm-up (and cool-down) can help you improve flexibility and avoid injury. You'll feel better after every workout and be more likely to stick with it.

14. **It's a dog's life.** A dog can be a great walking or running companion.

Take Heart—Say Yes to Physical Activity

Keep moving. Start slowly, and work your way up!

Strive to do at least 30 minutes of activity every day. If you're short on time, try three or more 10-minute periods.



Start with light activities

- Slow walking
- Watering the lawn or garden
- Vacuuming

Move to moderate activities

- Walking at a brisk pace
- Gardening (mowing, raking)
- Dancing
- Doing home repairs
- Washing a car
- Washing windows and scrubbing floors
- Playing softball
- Weightlifting



Increase to vigorous activities



- Playing soccer
- Playing basketball
- Running or jogging
- Bicycling fast or uphill
- Doing aerobics
- Swimming laps
- Jumping rope
- Skating
- Doing heavy construction work

Other things to do to help you and your family get started:

- Leave a pair of walking shoes in your car.
- Set a date and time with a coworker to begin walking

Make your personal pledge to exercise!

Look at these examples:

Morning

Park the car a few blocks away and walk for 10 minutes.

Noon

During lunch, take a walk with a coworker.

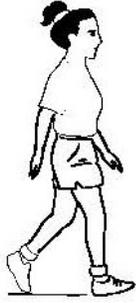
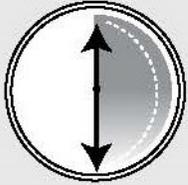
Evening

After dinner, take a walk with your family.

Write the changes you will make this week.

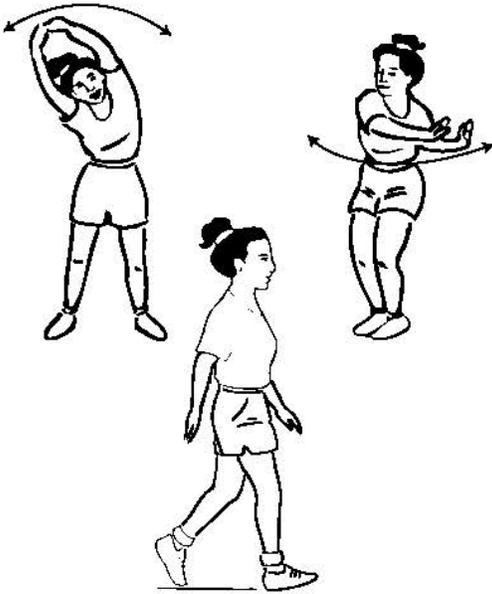
Your health and your family's health are priceless. Make an investment in it!

Sample Walking Program*

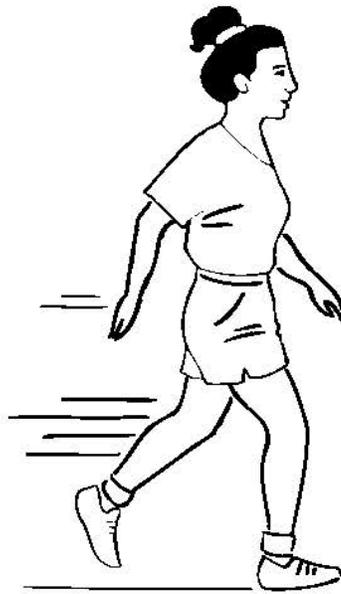
	 Warm Up	 Walk	 Cool Down	 Total Time
Week 1	Walk slowly 5 minutes	Walk briskly 5 minutes	Walk slowly 5 minutes	15 minutes
Week 2	Walk slowly 5 minutes	Walk briskly 10 minutes	Walk slowly 5 minutes	20 minutes
Week 3	Walk slowly 5 minutes	Walk briskly 15 minutes	Walk slowly 5 minutes	25 minutes
Week 4	Walk slowly 5 minutes	Walk briskly 20 minutes	Walk slowly 5 minutes	30 minutes
Week 5	Walk slowly 5 minutes	Walk briskly 25 minutes	Walk slowly 5 minutes	35 minutes
Week 6	Walk slowly 5 minutes	Walk briskly 30 minutes	Walk slowly 5 minutes	40 minutes
Week 7	Walk slowly 5 minutes	Walk briskly 35 minutes	Walk slowly 5 minutes	45 minutes
Week 8	Walk slowly 5 minutes	Walk briskly 40 minutes	Walk slowly 5 minutes	50 minutes

* Walk every day of the week.

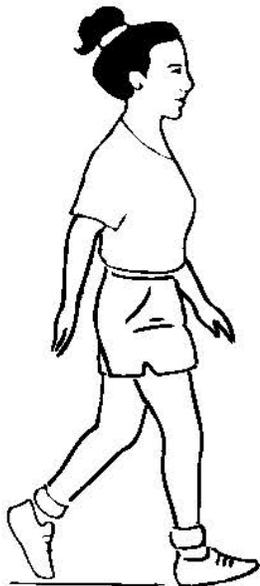
How to be Physically Active



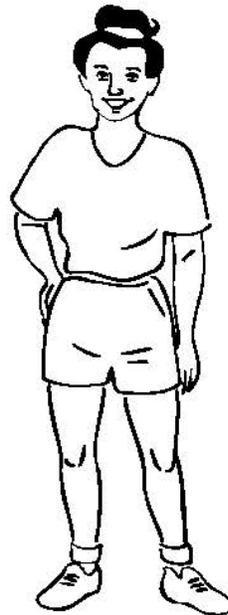
1. Walk slowly for 5 minutes. Then do stretching exercises. (See handout on stretching exercises.)



2. Walk briskly for 20 minutes.



3. Walk slowly for 5 minutes.



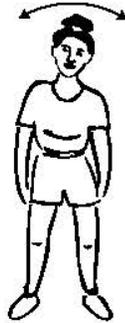
4. Relax!

Stretching Activities

Do these stretches gently and slowly. Do not bounce.



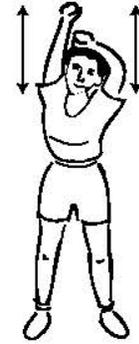
1. Deep breathing
Arms up, breathe in.
Arms down, breathe out.
Two times each.



2. Neck Stretching
Side to side two times.



3. Shoulder Stretches
Up and down five times
on each side.



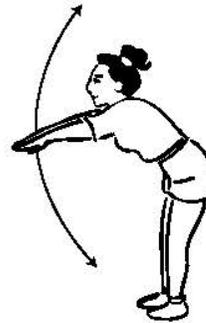
4. Side Stretches
Up and down five times
in each direction.



5. Waist Stretches
Side to side three times
in each direction.



6. Twists
Side to side three times
in each direction.



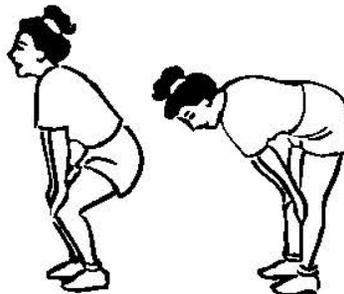
7. Back and Leg
Stretches
Down and up five times.



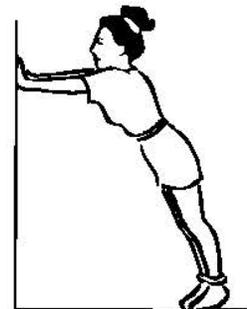
8. Back Stretch
Arms through legs six
times.



9. Leg Stretch 1
Hold onto ankle, four
times on each side.



10. Leg Stretch 2
Down and up five times.



11. Leg Stretch 3
Move heels up and down
six times.

Is Your Workout Working?

Use this chart to see how many calories you burn doing your favorite aerobic activities. These are the number of calories burned per hour by a 125-, 155- and 185-lb person doing each type of exercise.

			
Weight in pounds	Walking	Running (12 min/mile)	Swimming
125	107	240	180
155	133	288	216
185	159	336	252

Calories burned in 30 minutes

			
Weight in pounds	Bicycling	Jump rope (slow)	Tennis
125	240	226	210
155	255	281	252
185	336	335	294

Calories burned 30 minutes

A Day with the Ramírez Family

People act in different ways when they learn that they need to make lifestyle changes to lower their chances of getting heart disease. Let's see how the Ramírez family acts when they get the news about their risk



Mariano: “I don’t really care.”

Mariano learns that he is at risk for heart disease, but he is not concerned about it. He gets upset when reminded about changing his unhealthy habits. He has no intention of making changes for better health. “Whatever will be, will be,” claims Mariano.



Carmencita: “I am stuck.”

Carmencita is worried and depressed because she is aware of her chances of getting heart disease. She thinks about making changes but cannot get started. She feels trapped and is not motivated to take steps for better health. “You can bring a horse to water, but you can’t make it drink,” ponders Carmencita.



Virginia: “I am making plans.”

Virginia learns that she is at risk for heart disease and thinks that she should get ready to make changes. Instead of just saying “I will start to make changes tomorrow,” she talks to her friends about the plan she has in mind. “Walking the walk is harder than talking the talk,” says Virginia.



Doña Fela: “I am taking action.”

Doña Fela learns that she is at risk for heart disease and quickly starts doing something about it. She goes to classes to learn how to improve her health. She practices what she learns. She feels confident and cheerful. Doña Fela makes simple changes and helps others to do the same. “An ounce of prevention is better than a pound of cure,” says Doña Fela.



Néstor: “I stay on the healthy path.”

Néstor is making changes and is motivated to stay on track to improve his health. He knows that it is easy to fall back to old habits. He makes plans to prevent setbacks and learns to start again if he needs to. He is positive toward life. He asks for help and does not give up. “Time is gold, and health is priceless,” says Néstor.

**Are you ready to make a healthy change?
What’s YOUR motivation**

Weekly Promise

If you're ready to add more physical activity to your daily routine, try using this sheet to make an activity plan. There are steps to writing the goal and outcome of each day.

		Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Example	Goal	10 min	10	10	15	15	15	15
	Results	5 min	5	10	10	15	15	15
Week 1	Goal							
	Result							
Week 2	Goal							
	Result							