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SP526-L-Fitness - Get Moving!

The University of Tennessee Agricultural Extension Service

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Build Strength and Endurance

Muscle-building exercises include

- ✓ Sit-ups
- ✓ Push-ups
- ✓ Pull-ups
- ✓ Wall push-ups
- ✓ Hand-held weights
- ✓ Weight machines

Don't Forget to

- ✓ Warm-up — Muscles warm up and the heart begins to beat faster
- ✓ Conditioning — Exercising
- ✓ Cool down — Muscles recover with minimal soreness and stiffness

Sneaking in Exercise

- ✓ Take the stairs instead of the elevator.
- ✓ Walk faster.
- ✓ Park further away from the store or work.
- ✓ Take stretch breaks.
- ✓ Walk whenever you can.

For more information on fitness and health, contact:

Visit the UT Health and Safety Web site at http://fcs.tennessee.edu/healthsafety

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UT Extension

SP526-L

FITNESS Get Moving!

a wellness publication written by
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THE UNIVERSITY of TENNESSEE
INSTITUTE of AGRICULTURE

Why is Exercise Important?

Exercise helps you

- ✓ Have more stamina, both physically and mentally.
- ✓ Cope with stress better.
- ✓ Have less trouble sleeping.
- ✓ Control diseases like diabetes and high blood pressure.
- ✓ Maintain a healthy weight.
- ✓ Build up your immune system.

Choose Exercise That's Right for You

- ✓ Set realistic goals.
- ✓ Start slowly and gradually step up the pace.
- ✓ Make it convenient.
- ✓ Develop a daily plan.
- ✓ Make it fit your schedule.
- ✓ Choose activities you enjoy.

Components of Fitness

- ✓ Aerobic conditioning — strengthens your heart and lungs.
- ✓ Flexibility — stretch often during the day.
- ✓ Strength — important for posture and injury prevention.

Your F.I.T.ness Prescription

Frequency — be active every day.

Intensity — moderate and low intensity exercise is good for you.

Time — at least 30 minutes daily five or more days a week.

Aerobic Conditioning and Target Heart Rate

To strengthen your heart, you need to exercise within your target heart rate range. The target heart rate range is 60 to 80 percent of your maximum heart rate. To calculate your target heart rate range, use this simple formula: subtract your age from 220 (maximum heart rate) and multiply the result by 60 percent or 80 percent. Or use the Target Heart Range chart below.

Target Heart Rate Range Beats/Minute

Age	60%	80%
15	123	164
20	120	160
25	117	156
30	114	152
35	111	148
40	108	144
45	105	140
50	102	136
55	99	132
60+	96	128