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SP526-M-Physical Fitness - Add Activity to Your Life

The University of Tennessee Agricultural Extension Service

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Choose Exercise that's Right for You

- Set realistic goals.
- Start slow and gradually step up the pace.
- Make it convenient.
- Find an exercise buddy.
- Make sure it fits your schedule.
- Change your exercise routine to prevent boredom.
- Be consistent.
- Pick activities you enjoy.

To Change your Exercise Habits

- Recognize barriers to exercising daily.
- Develop a plan to overcome those barriers.
- Set specific measurable and rewarding goals.
- Make changes slowly.
- Keep a record of your progress.
- Regard slips as tiny setbacks and try again.
- Reward yourself when you achieve your goal.

Enjoy and make activity a HABIT!

For more information on physical activity and health, contact:

Visit the UT Extension Web site at
http://www.utextension.utk.edu/
and the Family and Consumer Sciences Web site at
http://www.utextension.utk.edu/fcs/

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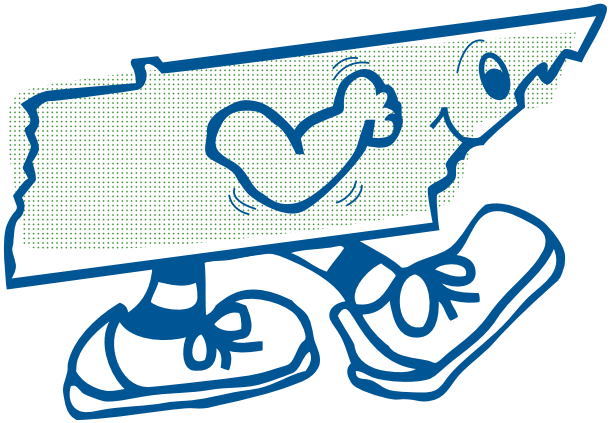
UT Extension
SP526-M

Physical Fitness: Add Activity to Your Life!



a wellness publication written by
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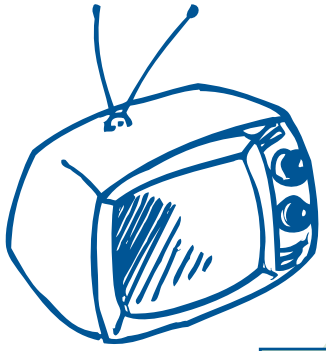
THE UNIVERSITY of TENNESSEE

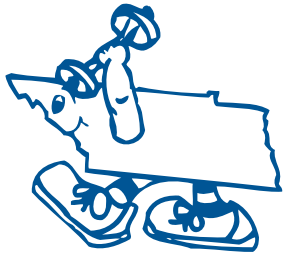
Your Activity Pyramid

Use this guide to increase your physical activity. (✓) Check those activities you plan to try.



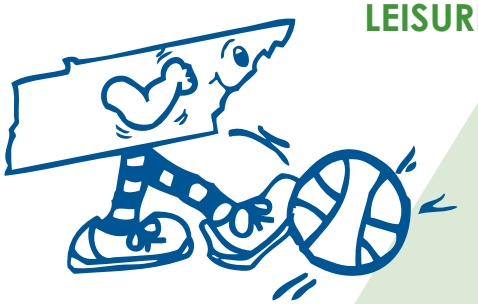
Do Less of:

- ❒ Watching TV
- ❒ Computer Games
- ❒ Sitting



Do 2–3 times a week:

LEISURE



- ❒ Golf
- ❒ Bowling
- ❒ Softball
- ❒ Yardwork

FLEXIBILITY & STRENGTH

- ❒ Stretching/Yoga
- ❒ Push-ups/Curl-ups
- ❒ Weightlifting

Do 3–5 times a week:

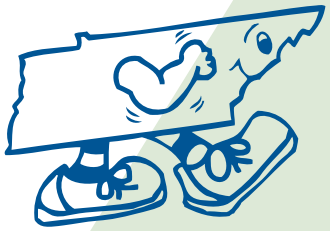
AEROBIC EXERCISE

- ❒ Roller Skating
- ❒ Brisk Walking
- ❒ Cross-country Skiing
- ❒ Bicycling
- ❒ Use treadmill, stairclimber or stationary bike!
- ❒ Swimming
- ❒ Badminton
- ❒ Shoot Hoops
- ❒ Exercise Class
- ❒ Jogging

RECREATIONAL

- ❒ Soccer
- ❒ Basketball
- ❒ Martial Arts
- ❒ Skipping Rope
- ❒ Hiking
- ❒ Tennis
- ❒ Dancing
- ❒ Jogging in Place
- ❒ Workout at Fitness Club
- ❒ Jumping Jacks

DO EVERY DAY:



- ❒ Walk faster.
- ❒ Walk the dog.
- ❒ Take longer routes.
- ❒ Take the stairs instead of the elevator.
- ❒ Take stretch breaks.
- ❒ Walk to the store or the mailbox.
- ❒ Work in your garden.
- ❒ Park your car farther away.
- ❒ Make extra steps in your day.
- ❒ Follow a daily exercise routine.
- ❒ Keep an exercise diary.