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## SP633-Tennessee Shapes Up - Move More! Make Physical Activity a Routine Part of Your Day

The University of Tennessee Agricultural Extension Service

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# TENNESSEE *Shapes UP*

**MOVE MORE!**

**Make  
Physical  
Activity a  
Routine  
Part of  
Your Day!**

# MOVE MORE!

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## Make Physical Activity a Routine Part of Your Day!

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### **Look Better and Feel Better by Moving More**

- Have more energy
- Cope with stress better
- Sleep better
- Help control diseases like arthritis, diabetes, high blood pressure and high blood cholesterol
- Manage your weight
- Build up your immune system
- Keep your bones strong
- Lower your risk for heart disease, colon cancer and diabetes
- Slows signs of aging

### **Choose Activities That Are 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

### **Sneak in Moving More**

- Take the stairs instead of the elevator
- Walk faster
- Park your car in a spot that makes you walk farther
- Take stretch breaks
- Walk around when talking on the phone
- Walk your dog more often
- Walk around the office or yard throughout the day
- Avoid drive-in windows at banks, dry cleaners, fast-food restaurants and pharmacies
- Park your car and walk where ever you need to go
- Just walk whenever you can

## **Add Steps to Your Day**

(One mile equals about 2000 to 2500 steps.)

- Aim for 10,000 steps each day
- Join a walking program like Walk Across Tennessee, a UT Extension program
- Find a friend to walk with daily
- Use a pedometer to count your steps

## **Keep Your Children Active and Moving**

- Plan fun activities that keep your children moving
- Let them play outdoors year around
- Share recreational activities like dancing, hiking, martial arts and sports
- Encourage aerobic activities like bicycling, swimming and skating
- Share events of the day while taking a family walk

## **Need to Lose Weight?**

- Increase physical activity to 30 minutes or more every day
- Eat smaller portions
- Set a healthy weight-loss goal of 1 to 2 pounds per week

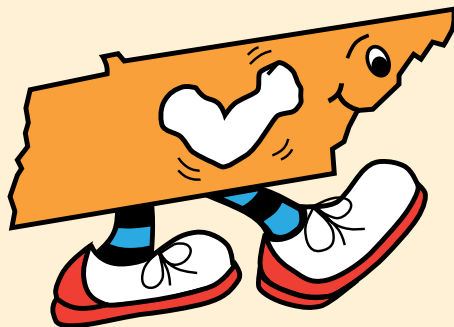
## **Don't Have Time to Move More?**

Try one or more of these activities:

- TV exercise program
- Exercise video program
- Just sneak it in when you can
- Set up a home exercise area with treadmill, weights and/or exercise bike

## **Components of Physical Fitness**

1. Aerobic activity – strengthens your heart and lungs
2. Resistance, strength-building and weight-bearing activities – strengthens muscles and bones
3. Balance and stretching activities – keeps you flexible and prevents falling



## For Senior Tennesseans

You are never too old to benefit from moving more.

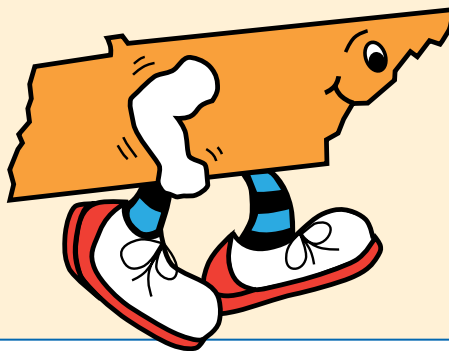
- Reduces the risk of falls and broken bones
- Keeps your muscles and joints strong
- Helps keep your mind sharp
- May offer some protection against dementia and Alzheimer's
- Helps you manage chronic diseases
- Reduces the risk of heart disease and cancer
- Makes you feel good and look good

## Your F.I.T.ness Prescription

1. Frequency – be active every day
2. Intensity – moderate and low intensity exercise is good for you
3. Time – at least 30 minutes daily five or more days a week

Want more information about eating smart, moving more and tuning in?  
Contact your county University of Tennessee Extension office and ask about the Tennessee Shapes Up program and the walking program, Walk Across Tennessee.

Check the UT Health program Web site for more information on moving more.  
[http://fcs.tennessee.edu/healthsafety/t\\_physicalfitness.htm](http://fcs.tennessee.edu/healthsafety/t_physicalfitness.htm)



Visit the UT Family and Consumer Science Web site at:  
<http://fcs.tennessee.edu>

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