9-2008

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

The University of Tennessee Agricultural Extension Service

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Recommended Citation

"SP526-M-Physical Fitness - Add Activity to Your Life," The University of Tennessee Agricultural Extension Service, SP526M-10M-9/08 (Rep) E12-5315-00-012-09 07-0096, http://trace.tennessee.edu/utk_agexheal/29

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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:

Physical Fitness: Add Activity to Your Life!


a wellness publication written by Barbara (Bobbi) P. Clarke, PhD, RD
Professor
Family and Consumer Sciences
Community Health Education
Use this guide to increase your physical activity. (✓) Check those activities you plan to try.

Your Activity Pyramid

LEISURE
- Golf
- Bowling
- Softball
- Yardwork

FLEXIBILITY & STRENGTH
- Stretching/Yoga
- Push-ups/Curl-ups
- Weightlifting

AEROBIC EXERCISE
- Roller Skating
- Brisk Walking
- Cross-country Skiing
- Bicycling
- Use treadmill, stairclimber or stationary bike!

RECREATIONAL
- Tennis
- Dancing
- Jogging in Place
- Workout at Fitness Club
- Jumping Jacks

DO 2-3 TIMES A WEEK:
- Golf
- Bowling
- Softball
- Yardwork

DO 3-5 TIMES A WEEK:
- Swimming
- Badminton
- Shoot Hoops
- Exercise Class
- Jogging

DO EVERY DAY:
- Work in your garden.
- Park your car farther away.
- Make extra steps in your day.
- Follow a daily exercise routine.
- Keep an exercise diary.

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.