



Intentional Physical Activity

Being physically active means that you intentionally set aside time to move and be active during the day. It is best to engage in moderate activities. Moderate means you should be able to talk comfortably while doing the activity. There are three types of physical activities:

➤ **Flexibility**

Flexibility activities stretch or loosen muscles and joints; help to improve balance and coordination, and prepare your body for other exercise or activities such as gardening, shopping, and cleaning.

Goal: 10 minutes without stopping

Do these slowly, holding each stretch for a few seconds and breathing to relax as you stretch. These can be done daily and as a warm-up for endurance or aerobic activities.

➤ **Strengthening**

Strengthening activities make your muscles stronger by working them harder. They are usually performed with some type of weight or against resistance. They also help improve balance and coordination.

Goal: 8-10 strengthening exercises 2-3 days a week

Choose 8-10 exercises and start with no more than 5 repetitions of each and slowly increase over 2 weeks to 10 repetitions. It's best not to do strengthening exercise every day – a day between gives your muscles and joints time to adapt and strengthen.

➤ **Endurance or Aerobic**

Endurance or aerobic activities are also called cardiovascular exercise, such as walking, biking, swimming, and dancing. These exercises work most of the body and are designed to increase heart rate.

Goal: Moderate aerobic activities 30-40 minutes, 3-5 days a week

The goal is 150 minutes per week total. When exercising at a moderate level, you should be able to talk comfortably while doing the activity.