



Living an Active Life

Choose to Be Physically Active

Being physically active is one of the most important steps you can take to manage your chronic condition(s) and improve your health.¹ Physical activity or exercise is any body movement that works your muscles and requires more energy than resting.² Exercising can provide a way for you to have fun and socialize, spend time outdoors, and increase your energy level. Work with your healthcare team to develop goals for the types and amounts of exercise that are best for you.²

Aerobic Physical Activity

Aerobic physical activity is exercise that uses your large muscle groups. When you do 150 minutes of moderate-intensity aerobic activity each week health benefits include lower risk of premature death, heart disease, stroke, high blood pressure, type 2 diabetes, and depression. There are two types of aerobic activity. You can talk, but not sing while you do moderate-intensity activities. You can't say more than a few words without pausing for a breath when you do vigorous-intensity.²

If you are not already exercising regularly and are ready to start, do at least 10 minutes of exercise three times a day and work your way up to:

- 2 hours and 30 minutes (150 minutes) a week of moderate-intensity activity OR
- 1 hour and 15 minutes (75 minutes) a week of vigorous-intensity activity OR
- An equal mix of moderate-and vigorous-intensity activity²

Regular Physical Activity Can:¹

- Lower your risk of early death
- Reduce your risk of chronic diseases
- Prevent weight gain
- Promote weight loss and healthy weight maintenance
- Reduce abdominal obesity
- Improve how the heart and lungs work
- Increase muscle strength
- Lower blood pressure
- Lower total cholesterol, “bad” cholesterol, also known as low-density lipoprotein (LDL), and triglycerides
- Increase “good” cholesterol, also known as high-density lipoprotein (HDL)
- Improve balance and help prevent falls
- Improve mood and reduce risk of depression
- Lower the risk of hip fracture
- Increase bone density
- Improve your sleep

Did you know that one minute of a vigorous-intensity activity is about the same as two minutes of a moderate-intensity activity? For example, 30 minutes of moderate-intensity activity is roughly the same as 15 minutes of vigorous-intensity activity.²



There are additional health benefits when you do 300 minutes a week of moderate-intensity activity. These can include lower risk of colon and breast cancer, and prevention of unhealthy weight gain. Work your way up to:

- 5 hours (300 minutes) a week of moderate-intensity OR
- 2 hours and 30 minutes (150 minutes) a week of vigorous-intensity activity OR
- An equal mix of moderate- and vigorous-intensity activity²

Muscle-strengthening Activity

Muscle-strengthening activities work your muscle groups to do more than what you are used to with regular activity.

Doing muscle-strengthening activities increases your muscle and bone strength. If you are not already exercising regularly and are ready to start, add moderate-or high-intensity muscle-strengthening activities two days a week.²

- Repeat exercise for each muscle group 8 to 12 times per set
- As exercise becomes easier, increase the weight, number of sets, or days per week
- No specific time is recommended²

Types of Physical Activity²

Physical Activity	Description	Examples		
Warm-up	Starting an activity at a slow speed or low intensity level for a gradual increase in your heart and breathing rate	<ul style="list-style-type: none"> • Walking slowly before a brisk walk • Doing an exercise with a lighter weight 		
Aerobic Activity	Activities that move your large muscles in a rhythmic manner for a sustained period of time	<table border="0"> <tr> <td style="vertical-align: top;"> <p>Moderate-intensity</p> <ul style="list-style-type: none"> • Walking briskly • Water aerobics • Swimming • Bicycling on level ground or with few hills • Playing tennis (doubles) • General gardening • Pushing lawnmower • Dancing </td> <td style="vertical-align: top;"> <p>Vigorous-intensity</p> <ul style="list-style-type: none"> • Race-walking, jogging, or running • Swimming laps • Playing tennis (singles) • Dancing • Bicycling fast or on hills • Jumping rope • Heavy gardening (e.g., continuous digging or hoeing) • Hiking uphill or with a heavy backpack </td> </tr> </table>	<p>Moderate-intensity</p> <ul style="list-style-type: none"> • Walking briskly • Water aerobics • Swimming • Bicycling on level ground or with few hills • Playing tennis (doubles) • General gardening • Pushing lawnmower • Dancing 	<p>Vigorous-intensity</p> <ul style="list-style-type: none"> • Race-walking, jogging, or running • Swimming laps • Playing tennis (singles) • Dancing • Bicycling fast or on hills • Jumping rope • Heavy gardening (e.g., continuous digging or hoeing) • Hiking uphill or with a heavy backpack
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Muscle - strengthening Activity	<p>Muscle-strengthening activities work your muscle groups to do more than what you are used to with regular activity</p> <p>All major muscle groups should be worked, including the legs, hips, back, abdomen, chest, shoulders, and arms</p>	<ul style="list-style-type: none"> • Working with resistance bands, weight machines, hand-held weights • Weight-bearing exercises (e.g., pull-ups, sit-ups, push-ups) • Heavy gardening (such as digging or hoeing) • Carrying heavy loads 		
Cool-down	Ending an activity at a slower speed or lower intensity level to allow a gradual decrease in your heart and breathing rate	<ul style="list-style-type: none"> • Walking slowly after a brisk walk • Doing an exercise with a lighter weight 		

References





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Physical Activity Logs

Logging your physical activity helps you know if you are reaching your physical activity goals. It's important to get the recommended amount of exercise to receive health benefits like healthy weight loss¹. Using the chart below, log your time when you engage in aerobic physical activity and/or log distance for activities like walking and bicycling. Show your log to your healthcare team at each visit. Questions about what exercises to do? See the Living an Active Life Fact Sheet.

Aerobic Physical Activity Weekly Goal¹

- Aim for 150 minutes of moderate-intensity activity or 75 minutes of vigorous-intensity activity

Ready to Improve?

- Aim for 300 minutes of moderate-intensity activity or 150 minutes of vigorous-intensity activity

Activity Log for Aerobic Activities

Week		Sun	Mon	Tues	Wed	Thurs	Fri	Sat
	Time	30 min walk	1 hr zumba		30 min swim		30 min bike	
	Distance	1.2 miles	-----	-----	3 laps	-----	3.2 miles	-----
1	Time							
	Distance							
2	Time							
	Distance							
3	Time							
	Distance							
4	Time							
	Distance							
5	Time							
	Distance							
6	Time							
	Distance							
7	Time							
	Distance							
8	Time							
	Distance							
9	Time							
	Distance							
10	Time							
	Distance							
11	Time							
	Distance							
12	Time							
	Distance							



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Physical Activity Logs

Logging muscle-strengthening activities is important, too! Use the chart below to record the activity you completed and time or sets, depending on the activity. For certain exercises, such as using hand weights or resistance bands and push-ups or sit-ups, document the sets you complete. For other activities, such as gardening and carrying groceries, document the activity. Questions about what exercises or activities to do? See the Living an Active Life Fact Sheet.

Muscle-strengthening Activity Weekly Goal ¹

- Complete moderate or high-intensity muscle-strengthening activities two days a week
- A set is repeating an exercise for any large muscle group 8 to 12 times
- Increase sets or weight as you get stronger

Activity Log for Muscle-Strengthening Activities

Week		Sun	Mon	Tues	Wed	Thurs	Fri	Sat
	Activity	Heavy gardening		Pull-ups	Sit-ups	Resistance band		
	Set(s)	-----	-----	1 set	1 set	2 sets		
1	Activity							
	Set(s)							
2	Activity							
	Set(s)							
3	Activity							
	Set(s)							
4	Activity							
	Set(s)							
5	Activity							
	Set(s)							
6	Activity							
	Set(s)							
7	Activity							
	Set(s)							
8	Activity							
	Set(s)							
9	Activity							
	Set(s)							
10	Activity							
	Set(s)							
11	Activity							
	Set(s)							
12	Activity							
	Set(s)							

References

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