

Physical Activity

What's in it for me?



1. Active adults often:

- A. Live longer
- B. Have less heart disease
- C. Have lower blood pressure
- D. Have fewer strokes
- E. Are less likely to have diabetes
- F. Are less likely to have cancer
- G. Have lower stress levels
- H. Are less likely to have depression
- I. Have fewer falls
- J. All of the above

2. Active children and teenagers often:

- A. Have better endurance
- B. Have more strength
- C. Have lower body fat
- D. Have better bone health
- E. Have better heart health
- F. Have lower stress levels
- G. Are less likely to have depression
- H. All of the above



3. A well-rounded exercise program includes which of the following?

- A. Aerobic activities
- B. Stretching activities
- C. Strengthening activities
- D. Relaxation
- E. All of the Above

4. If weight loss is your goal, you should slowly increase daily activity duration to:

- A. 20 minutes
- B. 30 minutes
- C. 60 minutes
- D. 120 minutes

5. How many minutes of activity should adults perform each day? _____ Children? _____

6. How many days per week should adults and children be active? _____

7. What percentage of US adults meets recommendations for moderate/strong physical activity? _____

8. What percentage of US adults performs no moderate or strong activity during leisure time? _____

9. What percentage of US 9th-12th graders meets recommended levels of activity? _____

10. What percentage of early adult death can be linked to lack of activity, smoking/alcohol use, and stress? _____

11. The best types of physical activities are: _____

12. What can you do to add movement to your day? _____

13. **True or False:** You can gain health benefits only from exercise that lasts for at least 60 minutes.

14. **True or False:** Walking is easy, but it won't really improve your health.

15. **True or False:** Before you can benefit from being active, you must lose weight.

16. **True or False:** If you can walk and talk at the same time during physical activity, you are probably not working hard enough.

17. **True or False:** A physical therapist can help assess your fitness level, help you build an activity program, and encourage you to continue with your program.



PHYSICAL ACTIVITY: It's all about movement!

CURRENT PHYSICAL ACTIVITY RECOMMENDATIONS FOR ADULTS¹

- To promote and maintain health, all healthy adults aged 18-65 years need moderate-intensity aerobic (endurance) physical activity for a minimum of 30 minutes five days per week, or vigorous-intensity aerobic physical activity for a minimum of 20 minutes three days per week
- In addition, every adult should perform activities that maintain or increase muscular strength and endurance a minimum of two days each week
- The recommendation for physical activity in older adults is similar to those of adults, placing a greater emphasis on moderate-intensity activities, muscle strength, flexibility, and balance
- Moderate-intensity activity is equivalent to a brisk walk or activity that accelerates the heart rate
- Physical activity can be accumulated in 10-minute bouts to accumulate 30 total minutes of daily activity

TIPS FOR INCREASING PHYSICAL ACTIVITY²

- Walk, cycle, jog, skate, etc., to work, school, the store, or place of worship
- Park the car farther away from your destination
- Get on or off the bus several blocks away
- Take the stairs instead of the elevator or escalator
- Play with children or pets—everybody wins!
- Perform gardening or home repair activities
- Dance to music
- Use leg power—take small trips on foot to get your body moving
- Make a Saturday morning walk a group habit
- Avoid labor-saving devices—turn off the self-propel option on your lawn mower or vacuum cleaner
- Exercise while watching TV (for example, use hand weights, stationary bicycle/treadmill/stairclimber, or stretch)
- Take fitness breaks—walk or do seated exercises—instead of taking coffee breaks
- Keep a pair of comfortable walking or running shoes in your car and office—you'll be ready for activity wherever you go!
- Walk while doing errands

TIPS FOR PEOPLE WHO HAVE BEEN INACTIVE FOR A WHILE²

- Use a sensible approach by starting out slowly
- Begin by choosing moderate-intensity activities you enjoy the most—by choosing activities you enjoy, you'll be more likely to stick with them
- Gradually build up the time spent doing the activity by adding a few minutes every few days or so until you can comfortably perform the minimum recommended amount of activity (30 minutes per day)
- As the minimum amount becomes easier, gradually increase the length of time performing an activity, increase the intensity of the activity, or both
- Vary your activities, both for interest and to broaden the range of benefits
- Explore new physical activities
- Reward and acknowledge your efforts!

REFERENCES

1. Haskell WL, Lee IM, Pate RR, Powell KE, Franklin BA, Macera CA, Heath GW, Thompson PD, Bauman A. Physical activity and public health: updated recommendation for adults from the American College of Sports Medicine and American Heart Association. *Med Sci Sports Exerc.* 2007;39:1432-34.
2. Centers for Disease Control and Prevention: www.cdc.gov

FOR MORE INFORMATION: www.apta.org/consumer

QUIZ ANSWERS: (1) All of the above; (2) All of the above; (3) All of the above; (4) 60 minutes; (5) Adults: 30 minutes, Children: 60 minutes; (6) At least five days per week; (7) 45-50%; (8) 25%; (9) 40%; (10) 50%; (11) The best types of physical activities are activities that move your body, that you enjoy doing, and that you can continue to do for at least 30 minutes per day; (12) Find ways to be more active in activities you already participate in: Park your car further away from your destination, Take the stairs instead of the elevator, Walk/bike instead of drive, etc.; (13) FALSE: You can gain health benefits from activities that last as short as 10 minutes long, as long as you repeat them at least three times per day; (14) FALSE: Brisk walking provides a number of health and fitness benefits for both adults of all ages; (15) FALSE: There is strong evidence showing that physically active adults who are overweight experience the same health benefits as physical active adults at optimum weight levels; (16) FALSE: Physical activities should be performed at moderate intensity levels, which means you can talk during activity; (17) TRUE: Talk to a PT at the MN APTA State Fair Booth today!

