



Choose to move

Regular exercise is proven to help prevent and manage diseases, maintain healthy body weight, and improve mental health, quality of life and well-being. Aim to incorporate these types of movements each week to maintain areas of physical fitness including heart health, muscle strength, and avoid injury.

Cardiovascular training

Cardio type exercise is aimed at strengthening your heart. This type is also known as aerobic because it requires oxygen and increases the delivery of oxygen throughout the body.

How much?

Adults: 150 minutes of moderate-intensity activity per week or 75 minutes of vigorous exercise per week.

Children and adolescents: at least 60 minutes of moderate to vigorous activity daily.

Strength training

Strength training is a form of physical activity that is designed to improve muscular strength and endurance. This can be accomplished using body weight, resistance bands, free weights, or weight machines. Maintaining muscle mass helps avoid injury, sustain mobility, and enjoy freedom of movement without assistance.

How much? American College of Sports Medicine (ACSM) recommends training all major muscle groups at least twice per week, with 8 to 12 repetitions of 8 to 10 different exercises for healthy adults.

Flexibility training

Stretching keeps muscles flexible, strong, and healthy to avoid joint or muscle injury. Flexibility exercises examples include stretching, yoga, and tai chi.

How much?

American College of Sports Medicine (ACSM) experts recommend flexibility exercises for all major muscle groups, including shoulders, neck, chest, back, legs, at least two to three times a week.

If you're new to exercising, ask your provider for guidance on what forms of exercise are right for you. Discuss appropriate time and intensity levels that may be safe and effective for you, while taking your specific conditions and fitness level into account.

Call your health center to make an appointment.
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Beat the Excuse – Increase Activity

Life can make it difficult to get in the habit of regular exercise. For regular physical activity to be a priority in our life, we may need to find ways to overcome common excuses to not exercise or be physically active.

Excuse:	How I will beat the excuse:	
Travel	<ul style="list-style-type: none"> Stay at a hotel with a gym Locate walking/running trails Walk to dinner 	<ul style="list-style-type: none"> Sight-see by bike or foot Do body-weight exercises in your hotel room
Weather	<ul style="list-style-type: none"> Walk at the mall Climb sets of stairs at work, your apartment, or your home 	<ul style="list-style-type: none"> Follow an exercise video Dance to your favorite music Do some chores around the house
Cost	<ul style="list-style-type: none"> Use household items for weights such as a milk carton or canned foods Perform body-weight exercises such as squats, push-ups or sit ups 	<ul style="list-style-type: none"> Join a walking group with friends Find free opportunities for physical activity within your community
Too tired	<ul style="list-style-type: none"> Try yoga, light weights, or stretching Exercise at a time of day when you typically have more energy 	<ul style="list-style-type: none"> Go for a relaxing walk Start moving. Physical activity may help increase your energy level.
Time	<ul style="list-style-type: none"> Keep a bag of gym clothes in your car so that you can squeeze in a workout at any time and any place 	<ul style="list-style-type: none"> Block out specific times on your calendar to exercise just like you would for a meeting or an event
Uncertainty	<ul style="list-style-type: none"> Talk with a health professional to learn what activities are appropriate for your age, fitness level, skill level, and health. 	<ul style="list-style-type: none"> Start slow and choose easier activities to begin. Gradually add in new exercises or increase the amount of time exercising.
Accountability	<ul style="list-style-type: none"> Talk to a friend or family member to help hold you accountable Make it a competition between your family or friends 	<ul style="list-style-type: none"> Have another goal to work toward – maybe a 5k or a community walk Talk to your provider or to an exercise professional to help develop a personal workout plan

Fitness Tracking Apps & Programs



Nike Training Club – Provides fitness sessions for all styles and levels. Designed by Nike’s master trainers and even includes special celebrity guests. Beyond the workout, the app also has nutrition content, sleep tips, and more so you can manage your health holistically, all in one place.



C25K – Couch to 5K – The name explains it all. Designed to help you run over three miles in thirty minutes from scratch. It coaches you through three workouts a week over nine weeks, gradually increasing in intensity to help you reach your goal (and once you do, you may as well download C210k).



Workout for Women– Developed for women and provides the right workouts anywhere, anytime. A personal trainer in your pocket. Provides customized workouts, 7-minute bursts, beginner friendly, voice and video instruction, yoga, and no gym or workout equipment needed.



Asics Runkeeper – This app will help you set your goals and help you work towards them with customized training plans. You can even track your progress along the way. Includes training features that chart a path to your goals and is tailor-made for your fitness level and schedule.



MapMyRun / MapMyWalk (by Under Armor) – These apps track your walks/runs and provides audio progress updates in real-time. Whether you’re trying to increase steps, a beginner runner, or a seasoned distance runner, MMR/W is an essential tool for anyone trying to live a healthier lifestyle.



Swim Coach – Maybe swimming is more of your type of exercise. This app helps you plan swim workouts based on how many times a week you would like to swim and your level of swimming capability.

Streaming Programs

Streaming videos can be a great time-saver, and most come with a large, pre-recorded library workouts (on-demand) or even streamed live so you can participate with an instructor for all different types of fitness classes. These programs tend to come with a monthly cost but can be a great alternative to paying a gym membership. Here are a few options for you to check out:

