

~ Be Safer ~

- Use proper form
- Stay hydrated
- Stretch properly after exercise
- Wear athletic shoes
- Dress in layers
- Avoid midday heat
- Be mindful of your balance
- Use sunscreen
- Always bike with a helmet

~ Be Active ~

Physical Activity...

- Decreases risk for heart disease
- Lowers blood pressure, resting heart rate, and cholesterol
- Decreases risk for type 2 diabetes
- Decreases risk for some cancers
- Decreases risk for osteoporosis
- Improves balance and stability
- Reduces anxiety and depression
- Improves overall mood and feeling of well-being
- Increases strength, flexibility and range of motion in muscles and joints



~ Be Informed ~

HealthySD Program : www.HealthySD.gov

Federal 2008 Physical Activity Guidelines for Americans: www.health.gov/paguidelines

Silver Sneakers: www.silversneakers.com

Healthfinder: www.healthfinder.gov

The President's Challenge Adult Fitness Test: www.presidentschallenge.org

Lifelong Fitness Alliance: www.50plus.org

Regular physical activity is essential for aging. Adults 65 and older gain substantial health benefits from regular physical activity, and these benefits continue to occur throughout their lives. (CDC)

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Be Active, Be Well



Be Healthy Through the Years



~ Physical Activity Guidelines for Adults and Older Adults ~

Federal guidelines recommend the following for adults and older adults:

- 150 minutes of moderate-intensity physical activity per week; or...
- 75 minutes of vigorous-intensity physical activity per week; or...
- An equivalent combination of both.
- Spread your exercise throughout the week exercising in 10 minute minimum increments.
- Muscle-strengthening exercises that work all the major muscle groups, at least 2x per week.
- Flexibility exercises like stretching, Yoga, Tai-Chi, or Pilates.

Check with your doctor
before remaining
sedentary.

- Balance and stability training exercises like walking backwards, sideways walking, and practice standing from a sitting position.

~ Be Well~

- Start slowly if you are new to exercise or have shortness of breath.
- Make physical activity part of your daily routine.
- Get an exercise buddy for social support.
- Start a walking club or try a new fitness class.
- Set personal goals based on your interests and record your progress.
- Exercise can help joint pain and give you more energy.
- Talk to your doctor if you have concerns.



Moderate-Intensity Exercise:

“I can talk while I do this
but I cannot sing.”

AND

Vigorous-Intensity Exercise:

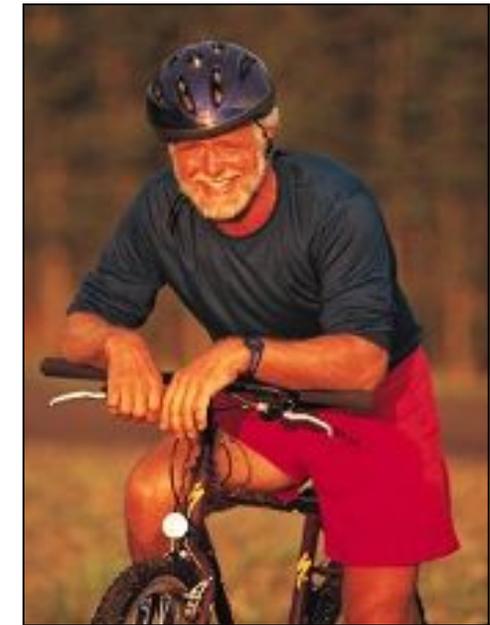
“I am breathing hard and can
barely talk when I do this.”

Choose a combination of intensities!

~ Stay Motivated~

Reward yourself with incentives as you meet your goals to stay motivated:

- New workout gear (i.e. pedometer)
- Healthy lunch with a friend
- Trip to the movies or store gift card



If you cannot perform 150 minutes of moderate-intensity aerobic activity per week because you have chronic conditions, be as physically active as your abilities and conditions allow.