Activity: Physical activity is fundamental to the circulatory and respiratory systems and produces bio-chemicals such as endorphins that promote positive emotions and brain functions.

TIPS

- Strive for a minimum of 30 minutes of moderate exercise (ex: walking, hiking, biking) 4 – 5x per week to build endurance
- Stretch daily for flexibility
- Strength train with weights 3 times a week. Don’t be afraid to lift weights. Strong muscles protect your body and can help prevent osteoporosis.
- Even everyday tasks count as activity: vacuuming, yard work, gardening, dancing, etc.
- Start a new activity just for 5-10 minutes. If you are enjoying it, keep going. If not, try something new.
- Start with small gains and slowly increase your goals. You’ll get stronger each day.

Cut Down on: sitting to watch TV, computer work, video games, sitting for more than 30 minutes

Flexibility training

Give your heart and lungs a workout: biking, physical work, stretching

Moderate-Intense Physical Activity: professional sports, strength training, running

EVERYDAY:
- Use the stairs instead of the elevator
- Park at the back of the parking lot
- Join a mall walking club during inclement weather
- Walk your dog
- Bike or walk instead of driving
- Yard work; house work

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