

Activity Goal

Now that you have calculated the intensity you should be working at, focus on the amount of time you should devote to exercise.

Cardio

Aim to do a cardio workout 30 minutes a day for 5 days a week. If you don't have time for a full 30 minutes of exercise, you could split the 30 minutes into three 10-minute workouts during the day. Here are some ideas to increase your activity level without having to go to the gym:

- Schedule time on your calendar for exercise. Planning time for exercise during the week will help you make it a priority.
- Walk instead of driving.
- Don't park in the closest parking spot. Park farther from where you are going and walk the rest of the distance.
- Get off your bus a stop away from your normal stop.
- Take the stairs instead of the elevator.
- Play with your children or pets.
- Dance to music.
- Garden.
- Choose an activity you enjoy. This could be walking the dog, going to the gym, doing yoga, or biking.
- Get a workout partner. This could be your spouse, kids, a friend, or another family member. Usually people who work out together motivate each other to avoid skipping activities.



I CAN!

CHALLENGE

Suggested exercises:

- Walking
- Yoga
- Pilates
- Rollerblading
- Dance Videos
- Ice Skating
- Kick Boxing
- Stair Climbing



- Biking
- Rock Climbing
- Swimming
- Soccer
- Hiking
- Karate
- Skiing
- Elliptical

- Jogging
- Spinning
- Jumping Rope
- Jumping Jacks
- Hopscotch
- Rowing



Strength Training

Strength training is an important part of your workout. You should do strength training in addition to the cardio exercises listed above.

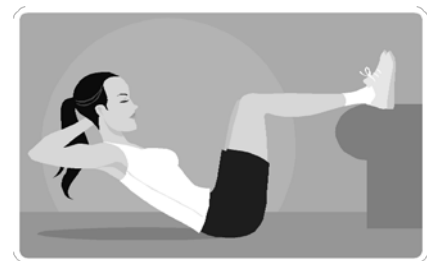
Benefits of strength training include:

- Strong tendons and ligaments to protect you from injuries.
- Increased muscle. Muscle burns more calories than fat. If you strength train, you will burn more calories all the time – even when you're not being active.
- Strong muscles are healthy for your heart. Muscles that are stronger use less oxygen and your heart will not have to work as hard when you are active.

The American Heart Association recommends you do 8 to 10 different strength-training exercises at least two days a week. Each exercise should target a different muscle or muscle group.

You can strength train by using free weights either at home or in a gym. There are many creative ways to do strength training without going to a gym. Here are some examples:

- You could do bicep curls using heavy cans of soup while you wait for your coffee to brew in the morning.
- Do some deep squats while watching the news.



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- Try doing exercise using the weight of your body. For example, a push up is a great way to work your biceps, triceps, pectoral muscles, and abdominals all at the same time.
- Abdominal crunches are a great way to work out your core muscles. These can also be done while watching TV or before bedtime.

