

Week 9: Physical Activity: Step It Up!

At this point in the Challenge, you have incorporated more physical activity into your life. Good for you! Now, it's time to step it up! Staying active is important for maintaining your weight and reducing the risks associated with heart disease and diabetes.

This week, we are encouraging you to spend more time being active. You will increase the amount of time you work out and add to the number of strength training exercises you do. Adding variety to your workout is a good way to stay motivated. Try getting your family involved in activities – everyone will benefit and you'll get good quality time together. Also, consider posting "The Activity Pyramid" chart (in this section) somewhere you will see it every day. It can serve as a reminder of the activities you should, and shouldn't do. Keep moving and keep motivated. You're almost there!

Use These Resources to Complete Your Action Items:

- *Stepping it Up!*
- *The Activity Pyramid*
- *Different Ways to Exercise*

Your Action Items This Week:

- Think of ways you could do more physical activity by doing the Different Ways to Exercise worksheet (page 38 in workbook).
- Measure your resting heart rate to see whether it has decreased slightly since week 4.
- Increase your cardio activity by doing more minutes per day more days per week.
- Increase your strength training activity to at least 8 strength training exercises 2 days during the week. If you were already doing 8 exercises, add one more day of strength training to equal 3 days per week.
- Try using the Physical Activity Log so you can see what you do for exercise from week 4.

Use the Week 9 Challenge Tracker to track your progress.

Step up to the Challenge and say, "I Can!"

Stepping it Up!

Increase Your Workout Time

The goal for week 4 was to work out five days a week, working up to at least thirty minutes each time. You also learned how to figure out your resting heart rate and your target heart rate. Hopefully you have been finding your heart rate each time you exercise and finding your resting heart rate weekly. Since you have now been doing exercise for about four weeks, your resting heart rate has probably gone down from your original heart rate in week 3.



This week, you should begin working out either more than 30 minutes a day, or for more than five days in a week. If you still have not reached five days a week of exercise, use this week to jump start your workout program. Increase your activity in 10 minute shifts so that you're doing *at least* thirty minutes of cardio. If you can find time for another 10 minute shift, do so! Also, think of different ways to change your daily habits into workouts so that working out becomes easier.

Increase Your Strength Training



Strength training is just as important. Focus on increasing the number of days that you are doing these muscle exercises rather than the quantity in which you are doing them. Remember though, your muscles need a full 48 hours to rest after you strength train. Otherwise, you could increase pain, soreness, or injure yourself.

Increase the Variety

Variety is important both physically and mentally. First, doing different activities that are fun can help you keep up an activity program! We've provided a list of activities that may be a little more fun than the gym, and you can do them with your family!

Repeating the same activity over and over can be boring and not motivating enough. Physically, your body begins to "get used to" your workout routine after about six weeks of doing the same movements. In order to include other muscle groups and to make sure your body is getting the most out of your workout, vary your program. This could mean doing a completely new activity or just switching the order in which you are doing activities. For example, if you normally do bicep exercises before tricep exercises, switch to doing the tricep exercises first.

More Types of Physical Activities (even with your family!)

- Dance to music
- Follow homemade maps to locations around the house
- Stretch together
- Make an indoor bowling alley with homemade pins (made from empty milk jugs, juice bottles or cereal boxes) and a small store bought soft rubber ball
- Play basketball with toys when cleaning up (shoot toys into a toy “basket”)
- Have a family track meet: skip, hop, run, race, and sprint
- Do scavenger hunts in which family members compete against one another on teams
- Take a family swimming trip to a nearby lake or river
- Play “Simon Says” or “Red Rover”
- Go roller skating or bike riding around the neighborhood
- Play family games such as volleyball, football, badminton, basketball



For additional ideas, see the list of Physical Activities in the Resources section.

The Activity Pyramid

Use the picture to see what you should be doing more of, how often, and what you should be doing less of.

