

- **What is physical activity?¹**

Physical activity is defined as any form of exercise or movement. Physical activity may include a planned activity such as walking, running, basketball, or other sports. Physical activity may also include other daily activities such as household chores, yardwork, walking the dog, etc. It is recommended that adults get at least 30 minutes and children get at least 60 minutes of moderate physical activity most days of the week. Moderate physical activity is any activity that requires about as much energy as walking two miles in 30 minutes.

- **What are some benefits of daily physical activity?²**

- Reduces the risk of heart disease by improving blood circulation throughout the body
- Keeps weight under control
- Improves blood cholesterol levels
- Prevents and manages high blood pressure
- Prevents bone loss
- Boosts energy levels
- Manage stress by releasing tension
- Counters anxiety and depression and increases enthusiasm and optimism
- Improves the ability to fall asleep quickly and sleep well
- Improves self-image
- Increases muscle strength, improving the ability to do other physical activities
- Provides a way to share an activity with family and friends
- Establishes good heart-healthy habits in children and counters the conditions (obesity, high blood pressure, poor cholesterol levels, poor lifestyle habits, etc) that can lead to heart attack and stroke later in life
- In older people, helps delay or prevent chronic illnesses and diseases associated with aging and maintains quality of life and independence for a longer period of time

- **What is body mass index (BMI)?**

Body mass index is a measure of body fat based on height and weight. Use the accompanying chart to calculate your BMI.

- **Physical activity log**

Use the accompanying exercise journal to record your physical activity during the course of a week. Be sure to consult with your physician prior to starting any nutrition and/or exercise program.

1. Available at: <http://win.niddk.nih.gov/publications/glossary/MthruZ.htm#p>. Accessed September 2005.

2. Available at: <http://216.185.112.5/presenter.jhtml?identifier=764>. Accessed September 2005.

- Check with your healthcare provider. If you have a chronic health problem such as obesity, diabetes, heart disease, or high blood pressure, ask your health care provider about what type/amount of physical activity is right for you.
- Start slowly. Incorporate more physical activity into your daily routine and gradually work up to the 30-minute daily goal to improve health and manage your weight.
- Set goals. Set short- and long-term goals that you can live with and celebrate every success.
- Track progress. Keep an activity log to track your progress. Note when you worked out, what activity you did, how long you did the activity, and how you felt during your workout.
- Think variety. Choose an array of physical activities to help you meet your goals, prevent boredom, and keep your mind and body challenged.
- Be comfortable. Wear shoes and clothes that are appropriate to the activity you will be doing.
- Listen to your body. Stop exercising and consult your healthcare provider if you experience chest discomfort or pain, dizziness, severe headache, or other unusual symptoms while performing an activity. If pain does not go away, seek medical help immediately. If you are feeling fatigued or sick, take time off from your routine to rest. You can ease back into your program when you feel better.
- Eat nutritious foods. Choose a variety of healthy foods every day. Remember that your health and weight depend on both your eating plan and physical activity level.
- Get support. Encourage your family and friends to join you in your activity. Form walking groups with coworkers, play with your children outside, or take a dance class with friends.
- Regular physical activity will help you feel, move, and look better. Whether your goal is to achieve and maintain a healthy weight or improve your health, becoming physically active is a step in the right direction. Take advantage of the health benefits of physical activity and make it a part of your life.

BMI (kg/m ²) →	19	20	21	22	23	24	25	26	27	28	29	30	35	40
Height (in)	Weight (lb)													
58	91	96	100	105	110	115	119	124	129	134	138	143	167	191
59	94	99	104	109	114	119	124	128	133	138	143	148	173	198
60	97	102	107	112	118	123	128	133	138	143	148	153	179	204
61	100	106	111	116	122	127	132	137	143	148	153	158	185	211
62	104	109	115	120	126	131	136	142	147	153	158	164	191	218
63	107	113	118	124	130	135	141	146	152	158	163	169	197	225
64	110	116	122	128	134	140	145	151	157	163	169	174	204	232
65	114	120	126	132	138	144	150	156	162	168	174	180	210	240
66	118	124	130	136	142	148	155	161	167	173	179	186	216	247
67	121	127	134	140	146	153	159	166	172	178	185	191	223	255
68	125	131	138	144	151	158	164	171	177	184	190	197	230	262
69	128	135	142	149	155	162	169	176	182	189	196	203	236	270
70	132	139	146	153	160	167	174	181	188	195	202	207	243	278
71	136	143	150	157	165	172	179	186	193	200	208	215	250	286
72	140	147	154	162	169	177	184	191	199	206	213	221	258	294
73	144	151	159	166	174	182	189	197	204	212	219	227	265	302
74	148	155	163	171	179	186	194	202	210	218	225	233	272	311
75	152	160	168	176	184	192	200	208	216	224	232	240	279	319
76	156	164	172	180	189	197	205	213	221	230	238	246	287	328

BMI Categories:	Underweight = <18.5	Normal weight = 18.5-24.9	Overweight = 25-29.9	Obesity = BMI of 30 or greater
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Physical Activity Log

Day	Duration	Exercise/Activity	Effort			Personal Notes
			High	Moderate	Light	
Sunday						
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						

Week of: _____

Weight: _____