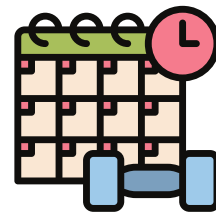# Exercise 101

Increasing physical activity has various benefits, including reducing your risk for heart disease and helping maintain a healthy weight.

1) Know Your Needs Aim for at least 150 minutes a week.
Aerobic exercise raises your heart rate and breathing for a sustained period. Get 30 minutes a day or more of moderate aerobic exercise at least five days a week.
·trength training increases muscle capacity. You should exercise the major muscle groups (legs, hips, back, shoulders, abdomen, chest, and arms) at least twice a week.

2) Tackle the Time Issue
As little as 10 minutes at a time can provide some benefit. If you can't find 30 consecutive minutes to work out, try splitting your routine up into smaller increments.

3) Think Outside the Box
Exercise isn't limited to running, working out on machines, or playing sports. Any activity that elevates your heart rate and breathing is considered aerobic. House cleaning and dancing qualify as moderate-intensity activities. Strength-training options include free weights, resistance machines, and calisthenics. But digging and shoveling count, too. Structure your workout with activities that you'll enjoy.

4) Just Get Started
You won't always feel like exercising. To stay motivated, invite family and friends to exercise with you. Have a backup plan in case the weather or other conditions don't cooperate. Keep an exercise log to chart your progress and to see how far you've come.
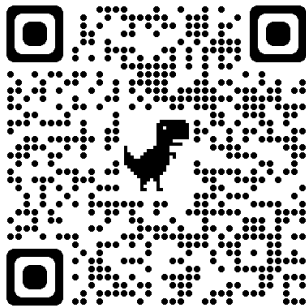
Scan here to access the HH! HY! Portal
Check out the Daily Habits to assist with your exercise plan.

HEALTHY HEARTS! HEALTHY YOU!

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