

Make MODERATE EXERCISE A Part of Your Daily Routine

We all know exercise is important for staying healthy, being energized and feeling better — but did you know that you can easily make moderate physical activity a part of your daily routine? Here is some information to get you started:

WHAT IS MODERATE PHYSICAL ACTIVITY?

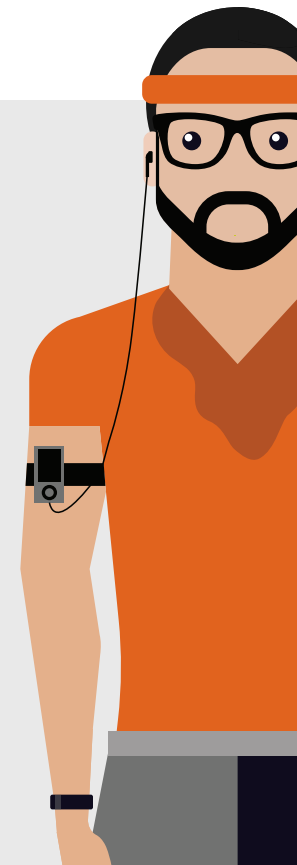


FEELS SOMEWHAT DIFFICULT

YOU'LL FEEL WARMER AND START TO SWEAT AFTER 10 MINUTES

YOU CAN CARRY A CONVERSATION, BUT CANNOT SING

BREATHING WILL INCREASE, BUT YOU'RE NOT OUT OF BREATH



HOW MUCH SHOULD I DO?

RECOMMENDED PER WEEK

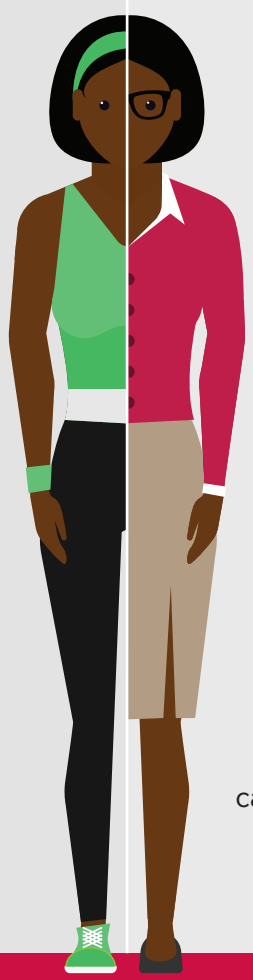
150 MINUTES

$$10 \text{ MINUTES} + 10 \text{ MINUTES} + 10 \text{ MINUTES} = 30 \text{ MINUTES PER DAY} \times 5 \text{ DAYS PER WEEK}$$

MAKE IT A PART OF EACH DAY!

EXERCISE AT HOME

EXERCISE AT WORK



Mow the lawn, rake leaves or shovel snow



Take a brisk walk after dinner



Have fun – shoot hoops, play tennis or play catch



Get active during commercial breaks



Dance to a few of your favorite songs



Wash and vacuum your car



Bike to work



Park further away and extend the walk to the office



Take the stairs instead of the elevator



Participate in campus activity class



Do jumping jacks, push-ups or squats during breaks



Schedule a walking meeting

YP4H QUESTIONS?

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