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?**

- **LIGHT**
  - FEELS SOMEWHAT DIFFICULT
  - YOU CAN CARRY A CONVERSATION, BUT CANNOT SING
  - BREATHING WILL INCREASE, BUT YOU'RE NOT OUT OF BREATH

- **MODERATE**
  - FEELS SOMEWHAT DIFFICULT
  - YOU'LL FEEL WARMER AND START TO SWEAT AFTER 10 MINUTES

- **VIGOROUS**
  - FEELS MODERATELY DIFFICULT
  - YOU'LL FEEL WARMER AND START TO SWEAT AFTER 10 MINUTES

**HOW MUCH SHOULD I DO?**

**RECOMMENDED PER WEEK**

- **150 MINUTES**
  - **10 MINUTES** + **10 MINUTES** + **10 MINUTES** = **30 MINUTES** PER DAY
  - **5 DAYS** PER WEEK

**MAKE IT A PART OF EACH DAY!**

**EXERCISE AT HOME**

- 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

**EXERCISE AT WORK**

- 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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**SOURCES**

yp4h.osu.edu/physical-activity-infographic-sources