

Get Up & Move Challenge

What's your excuse?

If you're like most of us, it's easy to pull out a list of excuses for not exercising. What are your excuses for not getting the recommended amount of physical activity? Here are a few common excuses and some ways to think around them.

"I don't have time to exercise..."

It's easy to find the time! All you need is 30 minutes and if you can't squeeze it in all at once, try breaking your activity up into three 10-minute workouts. For example, go on a 10-minute walk, do jumping jacks or climb stairs for 10 minutes on your lunch break!

"I'm too tired to exercise..."

You probably already know that physical activity has been proven to increase energy levels, but that may not be enough to motivate you after a long day at work or taking care of a family. On days where you feel too tired to exercise, try doing a more leisurely activity like walking the dog or playing Wii tennis—something that you find enjoyable, not exhausting.

"I don't like to exercise..."

Exercise doesn't have to be boring. Make it fun by doing something that fits your personality. If you're social, try group exercise classes or working out with a friend. If you're competitive, you may enjoy playing in a sports league. The trick is to find something you enjoy; you'll be more likely to exercise if you pick an activity that you like.

"I don't know what to do..."

There are two kinds of exercise, generally speaking: cardiovascular and strength. Cardio exercises are activities that increase your heart rate. Jogging, biking, swimming, walking, and dancing are some examples. Strength-based exercises include lifting weights and doing body-weight exercises such as crunches, lunges, and squats. Doing a combination of cardio exercises that you enjoy and some strength exercises each week is the best way to get in shape.

LEARN MORE!

Still need motivation? Read about the seven benefits of regular physical activity on the Mayo Clinic's site by visiting: MayoClinic.com/health/exercise/HQ01676.



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How hard are you working?

We all know that exercise is important—but to get the health benefits, it's important to do it the right way. You need to make sure you are exercising at the recommended intensity levels and for the right amount of time.

What is aerobic activity?

Aerobic activity or “cardio” is anything that increases your heart rate and causes you to breathe faster. For an activity to be considered aerobic, it needs to be done at a moderate or vigorous intensity.

- **Moderate intensity** means breaking a sweat and noticeably increasing your heart rate. You should still be able to talk, but won't be able to sing a song. Examples of moderate intensity exercises include walking briskly (speed walking) or biking casually.
- **Vigorous intensity** means your heart rate is elevated, you're breathing fast, and it is difficult to say a couple of words without pausing for a breath. Examples of vigorous intensity exercises include running, jumping rope, and swimming laps.

What does strength training look like?

Effective strength training works all of your major muscle groups: legs, hips, back, chest, abdomen, shoulders, and arms.

For the best results, focus on form, not weight. Poor form can result in injuries. Yoga and weight lifting are great examples of strength training activities.

What's the recommended amount of physical activity?

Research tells us that 30 minutes of moderate-intensity activity, five times a week is ideal for staying healthy. This doesn't mean that you have to complete 30 minutes of activity all at once. Three 10-minute workouts a day has the same benefits as one 30-minute workout a day.

If you are looking to lose weight, you may need to increase your amount of activity to 60 or 90 minutes, depending on your individual needs.

LEARN MORE!

Looking for an easy way to determine your exercise intensity?

Download the Instant Heart Rate app for iPhones and Android devices. Knowing what intensity you are exercising at will help you stay on target! Find out more at InstantHeartRate.com.



Get Up & Move Challenge

Exercise and your diet

What you eat has a big impact on your health. It's important to choose foods that will provide your body with vitamins and nutrients to give you the energy you need to get through the day and lead an active lifestyle.

Calories in vs. calories out

In order to maintain a healthy weight, the amount of calories you eat should equal the amount of calories you burn through everyday activities and exercise. Before eating an unhealthy snack, think about what it will take to burn it off.

Here are a few examples:

- ☀ 12 ounce can of soda = 20 minutes of swimming laps
- ☀ Large French fries = 1 hour of jogging at 5mph
- ☀ Glazed donut = 35 minutes of walking briskly

Eating 'whole' foods

Even though maintaining your weight is about calories in vs. calories out, there are some key ways to make sure that the calories you take in will leave you fuller and more satisfied. 'Whole' foods, or foods that haven't been processed, such as fruits, vegetables, and meals cooked from scratch, will provide more protein and nutrients per calorie, meaning you'll be less hungry later on.

For example, eating a medium baked potato without toppings has only a few calories more than eating a 1 oz. bag of potato chips. However, you'll feel fuller after eating the potato. Stick to whole foods so you aren't reaching for another snack an hour later.

Get plenty of water

As a general rule, everyone should try to drink eight glasses of water each day. However, when you exercise, your body loses more water through sweat, so it will need to be replenished. It's recommended that you drink an extra 1½ to 2½ cups of water after exercising to replenish the water lost during your workout.

HELPFUL TIPS

One helpful tool that can help you estimate how many calories are burned during certain activities is the exercise database on MyFitnessPal.

Visit [MyFitnessPal.com/exercise/lookup](https://www.myfitnesspal.com/exercise/lookup), type in your exercise, and see the estimated burned calories associated with it!



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Creating exercise goals

It's well known that physical activity is important for leading a healthy lifestyle, but the benefits go far beyond just keeping a trimmer waistline. The hard part is motivating yourself to get up and exercise. Here are some steps to get you started on the road to exercising more regularly.

1. Make a plan

Create an exercise schedule for yourself. Jot down the time and type of activity you will do each day and stick to it. Making a plan takes the guesswork out of exercising and helps you stay focused on your goals.

2. Track your progress

Use an online tracking tool or journal to track your improvement. Whether your goal is to walk for 10 minutes a day or to run a marathon, seeing your progress can be a great motivator for sticking to your goals.

3. Get a workout buddy

Working out with a friend is not only fun, but can also help motivate you to keep up with your exercise plan. Be sure to choose a partner who can both challenge and encourage you.

4. Reward yourself

When you've met an exercise goal, reward yourself with something you enjoy, like a day at the spa or a round of golf. After all your hard work, you deserve to treat yourself!

HELPFUL TIPS

Start your long-term exercise goal with a free online tool and resource, MyFitnessPal. It allows you to track what you're consuming, what your activities are, and tallies your calories each day.

Visit Myfitnesspal.com for more information!

