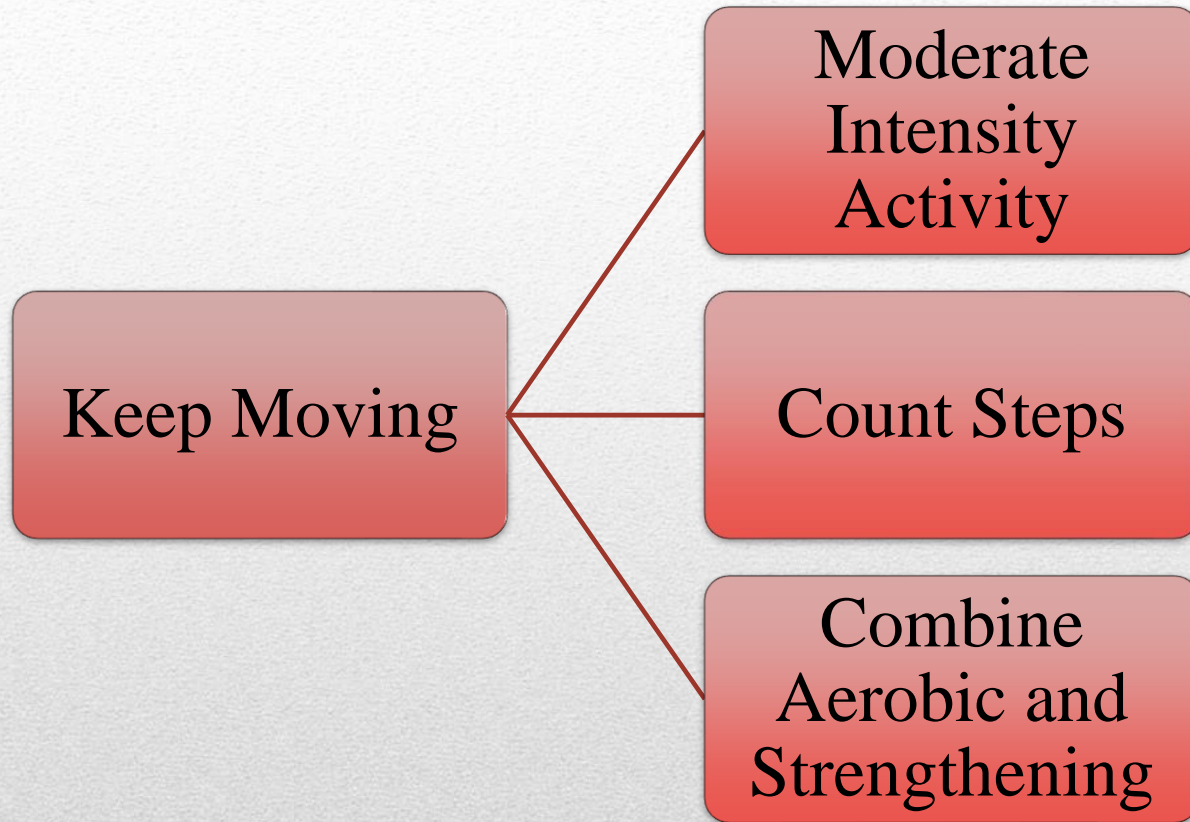




Staying Active

Courtyard Medical Plaza



A Healthy Lifestyle

- Any exercise is good
- Household chores
 - Cleaning windows
 - Vacuuming
 - Folding clothes
- Yard work and gardening
- Use stairs rather than an elevator
- Get up and move at work



Keep Moving

- 30-60 minutes daily
 - All at once
 - Spread out throughout the day
- Burns calories

Moderate Intensity Activity

- Use a pedometer
- Keep a journal
- Goal = 10,000 steps



Count Steps

- Metabolism slows over time
 - Calorie burning rate decreases
- Activity burns more calories
 - Benefit lasts after exercise

Combine Aerobic and Strengthening
