



Physical Activity



Get Moving *Fast*

Can you run for a bus without huffing and puffing?

Physical activity is good for you and your heart. Your heart, like every other muscle, gets stronger with exercise. The right kind of exercise will help you and your heart become more fit. The more fit your heart is, the better it works. The more fit you are, the longer you can exercise without getting tired. You will be able to run for the bus without huffing and puffing.

Physical activity is fun for everyone. There are all kinds of activities you can do. You can enjoy exercise by yourself, with a friend, or your family. Find what is right for you.

Exercise is good for you and your heart.

These Activities Are Good for Your Heart

- Fast walking
- Soccer
- Swimming
- Dancing
- Skating
- Frisbee®
- Hockey
- Hiking
- Tennis
- Running
- Basketball
- Jumping rope
- Skipping
- Kickball
- Skiing
- Rowing
- Bicycling
- Handball

The good things physical activity does for YOU

- Your heart gets strong because it gets a good workout.
- Your muscles look and feel firm and work better.
- You can breathe easier.
- You burn off calories which will help keep you from getting fat.
- You have more energy.

The letters in some of the activities listed above are now all mixed up. Can you write the word the way it should be?

- mniwgims _____
- creocs _____
- gpsnPkii _____
- cdainng _____
- sfta likngaw _____
- pmjungI proe _____
- kistnga _____
- nugnri _____
- ksabtelbal _____



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Check Your Physical Activity and Heart Disease

Test how much you know about how physical activity affects your heart. Mark each question true or false. See how you did by checking the answers on the back of this sheet.



- 1** Regular physical activity can reduce your chances of getting heart disease.
 T F
- 2** Most people get enough physical activity from their normal daily routine.
 T F
- 3** You don't have to train like a marathon runner to become more physically fit.
 T F
- 4** Exercise programs do not require a lot of time to be very effective.
 T F
- 5** People who need to lose some weight are the only ones who will benefit from regular physical activity.
 T F
- 6** All exercises give you the same benefits.
 T F
- 7** The older you are, the less active you need to be.
 T F
- 8** It doesn't take a lot of money or expensive equipment to become physically fit.
 T F
- 9** There are many risks and injuries that can occur with exercise.
 T F
- 10** You should always consult a doctor before starting a physical activity program.
 T F
- 11** People who have had a heart attack should not start any physical activity program.
 T F
- 12** To help stay physically active, include a variety of activities.
 T F

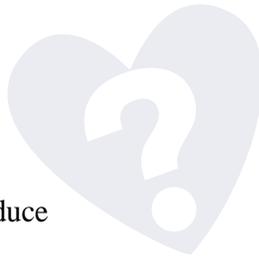




Answers

To The Check Your Physical Activity and Heart Disease I.Q. Quiz

- 1 True.** Heart disease is almost twice as likely to develop in inactive people. Being physically inactive is a risk factor for heart disease along with cigarette smoking, high blood pressure, high blood cholesterol, and being overweight. The more risk factors you have, the greater your chance for heart disease. Regular physical activity (even mild to moderate exercise) can reduce this risk.
- 2 False.** Most Americans are very busy but not very active. Every American adult should make a habit of getting 30 minutes of low-to-moderate levels of physical activity daily. This includes walking, gardening, and walking up stairs. If you are inactive now, begin by doing a few minutes of activity each day. If you only do some activity every once in a while, try to work something into your routine every day.
- 3 True.** Low- to moderate-intensity activities, such as pleasure walking, stair climbing, yard work, moderate-to-heavy housework, dancing, and home exercises can have both short- and long-term benefits. If you are inactive, the key is to get started. One great way is to take a walk for 10 to 15 minutes during your lunch break, or take your dog for a walk every day. At least 30 minutes of physical activity every day can help improve your heart health and lower your risk of heart disease.
- 4 True.** It takes only a few minutes a day to become more physically active. If you don't have 30 minutes in your schedule for an exercise break, try to find two 15-minute periods or even three 10-minute periods. Once you discover how much you enjoy these exercise breaks, they'll become a habit you can't live without.
- 5 False.** People who engage in regular physical activity experience many positive benefits. Regular physical activity gives you more energy, reduces stress, helps you relax, and helps you sleep better. It helps lower high blood pressure and improves blood cholesterol levels. Physical activity helps tone your muscles, burns off calories to help you lose extra pounds or stay at your desirable weight, and helps control your appetite. It can also increase muscle strength, help your heart and lungs work more efficiently, and let you enjoy your life more fully.
- 6 False.** Low-intensity activities—if performed daily—can have some long-term health benefits and can lower your risk of heart disease. Regular, brisk, and sustained exercise for at least 30 minutes—three to four times a week—such as brisk walking, jogging, or swimming—is necessary to improve the efficiency of your heart and





lungs and burn off extra calories. These kinds of activities are called aerobic—meaning the body uses oxygen to produce the energy needed for the activity. Other activities may give you benefits such as increased flexibility or muscle strength, depending on the type of activity.

7 False. Although we tend to become less active with age, physical activity is still important. In fact, regular physical activity in older persons increases their capacity to do everyday activities. In general, middle-aged and older people benefit from regular physical activity just as young people do. What is important, NO matter what your age is tailoring the activity program to your own fitness level.

8 True. Many activities require little or no equipment. For example, brisk walking only requires a comfortable pair of walking shoes. Also, many communities offer free or inexpensive recreation facilities and physical activity classes. Shopping malls, make ideal walking environments as many of them are open early and late for people who do not wish to walk alone, in the dark, or in bad weather.

9 False. The most common exercise risk is injury to the muscles and joints. Such injuries are usually caused by exercising too hard for too long, particularly if a person has been inactive for some time. To avoid injuries, try to build up your level of activity gradually; listen to your body for early warning pains; be aware of possible signs of heart problems (such as pain or pressure in the left or mid-chest area, left neck, shoulder, or arm during or just after exercising, or sudden light-headedness, cold sweat, pallor, or fainting); and be prepared for special weather

conditions.

10 True. You should ask your doctor before you start (or greatly increase) your physical activity if you have a medical condition such as high blood pressure, have pains or pressure in the chest and shoulder area, tend to feel dizzy or faint, get very breathless after mild exertion, are middle-aged or older and have not been physically active, or plan a fairly vigorous activity program. If none of these apply, start slow and get moving.

11 False. Regular, physical activity can help reduce your risk of having another heart attack. People who include regular physical activity in their lives after a heart attack improve their chances of survival and can improve how they feel and look. If you have had a heart attack, **consult your doctor** to be sure you are following a safe and effective exercise program that will help prevent heart pain and further damage from overexertion.

12 True. Pick several different activities that you like doing, because you will be more likely to stay with a regular regimen. Plan short-term as well as long-term goals. Keep a record of your progress, and check it regularly to see the progress you have made. Get your family and friends to join in. They can help keep you going.



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Get Physical!

Want more energy? Want less stress? Want to fall asleep easily? Firmer muscles sound good? One—count it, one—there’s one way to do it all. What’s the secret? Getting physical, of course.

Turn off your TV and turn on to physical activity! You don’t have to groan for hours every day. A few minutes of some type of activity, even walking, every day will help improve your health—and more vigorous activity such as swimming, running or jumping rope will help condition your heart and lungs if you do them for at least 30 minutes, three to four times a week.

These kinds of activities are often called “aerobic”—which means the body uses oxygen to produce the energy needed for the activity. These exercises are brisk enough to raise your heart and breathing rates. They expand your lung capacity and help to strengthen your heart muscle, warding off heart disease.

Physical activity also can help lower high blood cholesterol and control weight. First, it can decrease “bad” LDL-cholesterol, while increasing “good” HDL-cholesterol.

Second, combined with a low-calorie diet, it helps you shed extra weight. You’ll find it decreases your hunger and fine-tunes the metabolism. See the activities on page 51 to see how many calories can be burned up doing different activities.

Sold?

Good, because being physically active is no fad. It’s a lifelong good habit. Try out various activities. Find ones that you enjoy. And don’t hesitate to mix them up—don’t get into a rut. The activities on page 51 give you some ideas. Try one or all!



Get *Physical!*



“
Working out makes you feel and look better. It's also a good way to meet new people.
”
Suzanne, 18

Key To Health

You hold the key to health and fitness — regular physical activity. Starting can be tough, though. So here are some how-to's to rev your motor:

1

Start your exercise session by preparing. Stretch and warm your muscles.

2

Don't do too much too soon. Begin slowly and intensify carefully.

3

Try an outdoor and an indoor activity. Switch back and forth to prevent boredom. You won't have to reschedule because of bad weather, either.

4

Ask someone to join you.

5

Make regular physical activity part of your life. Make time for your workout, whether before, during, or after school. It doesn't matter when you do it—but set a schedule and stick to it.

6

If you're not sure about an activity, ask your gym teacher or coach for advice.



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Get Physical!



Here are a few activities that just may get you hooked on being physically active.

Listed next to each one is the number of calories a 150-pound person would burn up doing these activities for an hour. Remember: Any activity that gets you moving around is better than nothing at all. To help condition your heart and lungs, move it at least three times a week, for about 30 minutes each time. Do it on your own or with friends.



And don't forget to have fun!



ACTIVITY	CALORIES BURNED UP PER HOUR
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Running	650-1280
Jogging	740-920
Jumping rope	750
Racquetball	750
Cross-country skiing	700
Basketball	564
Ice and field hockey	546
Football	540
Soccer	540
Swimming	275-500
Brisk walking	440
Dancing	420
Bicycling	240-410
Hiking and backpacking	408
Tennis	400
Skating	300
Baseball and softball	282
Gymnastics	270



Note: These numbers are for someone who weighs 150 pounds. The amount of calories you burn up depends on how much you weigh. The more you weigh, the more calories you burn.



Get Physical!

So Figure It Out For Yourself

To find the number of calories you would burn up in any of the activities noted on the previous chart:

Write down your weight. Since the numbers on the chart are for someone 150 pounds, divide your weight by 150.

Multiply this number by the number of calories burned in an hour of an activity you like to do that is listed on the chart.

This will give you the number of calories YOU burn doing this activity for an hour.

Note: In this example, a 125-pound person burns only 0.83 times the calories of a 150-pound person, and when playing basketball, only 468 calories are burned compared to 564 calories.



	Example:
<input type="text"/>	<u>125 lbs.</u>
(Your weight)	
÷	÷
150	150
=	=
<input type="text"/>	<u>.83</u>
X	X
<input type="text"/>	<u>564 calories</u>
(# of calories)	(basketball)
=	=
<input type="text"/>	<u>468 calories</u>



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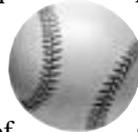


Guide To Physical Activity



Both healthy eating and physical activity are important in weight control. Most successful weight loss is a combination of eating fewer calories and using more energy through activity. Staying physically active is most helpful in keeping weight off for life. Plus, physical activity has the benefit of lowering the risk of certain diseases, such as heart disease and diabetes.

If you have not been physically active in the past, the key to success is to start slowly. Trying too hard at first can lead to injury. Also, taking the time to find out what you enjoy doing will help to make physical activity a regular part of your lifestyle.



To improve your health, set a goal of at least 30 minutes of moderate-intensity physical activity most days of the week. You can do this all at one time or at several times during the day. Initial activities may be to start out walking or swimming at a slow pace. For example, you can start out walking slowly for a total of 30 minutes 3 days a week and gradually build to 45 minutes or more of faster-paced walking. By doing this, you can use 100 to 200 more calories per day.

This plan can be used with other types of physical activity, but walking is popular because it is safe and convenient.



Examples of Moderate Amounts of Physical Activity

Common Chores	Sporting Activities	
Washing and waxing a car for 45 to 60 minutes	Playing volleyball for 45 to 60 minutes	<p style="text-align: center;">Less Vigorous, More Time</p> <p style="text-align: center;">More Vigorous, Less Time</p>
Washing windows or floors for 45 to 60 minutes	Playing touch football for 45 minutes	
Gardening for 30 to 45 minutes	Walking 1 ³ / ₄ miles in 35 minutes (20 minutes/mile)	
Wheeling self in wheelchair 30 to 40 minutes	Basketball (shooting baskets) 30 minutes	
Pushing a stroller 1 ¹ / ₂ miles in 30 minutes	Bicycling 5 miles in 30 minutes	
Raking leaves for 30 minutes	Dancing fast (social) for 30 minutes	
Walking 2 miles in 30 minutes (15 minutes/mile)	Water aerobics for 30 minutes	
Shoveling snow for 15 minutes	Swimming laps for 20 minutes	
Stair-walking for 15 minutes	Basketball (playing game) for 15 to 20 minutes	
	Bicycling 4 miles in 15 minutes	
	Jumping rope for 15 minutes	
	Running 1 ¹ / ₂ miles in 15 minutes (10 minutes/mile)	



Another way to be more active is to do more “everyday” activities, such as taking the stairs instead of the elevator. Also, try spending more time doing lighter activities such as gardening, household chores, and walking to visit neighbors, rather than sedentary activities such as watching television and working on the computer.

Becoming Physically Active

For the beginner, choose very light activities such as an increase in standing activities, special chores like room painting, pushing a stroller or wheelchair, yard work, ironing or cooking, and playing a musical instrument.

The next level would be light activities, such as slow walking, garage work, carpentry, house cleaning, child care, golf, sailing, and recreational table tennis.

Once comfortable with this level, try adding more moderate activities such as faster walking, weeding and hoeing a garden, carrying a load, cycling, skiing, tennis, and dancing.

High intensity activities include very fast walking or walking with a load uphill, tree felling, heavy manual digging, basketball, climbing, or soccer/kickball.

You may also want to try:

- Flexibility exercise to improve joints and muscles
- Strength-building or resistance exercises
- Aerobic conditioning

If structured group activities are what you need to help you stay physically active, try joining community recreation programs, the YMCA, or a health club. You can find a variety of activities for all fitness levels and budgets.



How You Can Fit Activity Into Your Schedule

Many people are completely inactive, and they all have reasons.

I don't have the time to exercise.

While physical activity does take time, only about 1 hour per week of vigorous activity gives benefits to your heart, lungs, muscles, and weight.

Consider the amount of time you spend watching TV. Many forms of physical activity can be done while watching TV, such as riding an exercise bike or using hand weights.

I don't like to exercise.

You have bad memories of doing situps or running in high school, sweating, puffing, and panting. Nowadays we know that you can get plenty of gain without pain. Activities you already do such as gardening and walking can improve your health, so just do more of the activities you like.

I don't have the energy to be more active.

Once you become a little more active, you should have more energy. As you progress, daily tasks will seem easier.

Benefits Of Regular Activity

- Your weight is much easier to control when you are active.
- Physical activity can be lots of fun.
- You can be with other people when you are active.
- You'll feel and look better when you're physically active.
- Physical activity is good for your heart.
- Physical activity is a great way to reduce anxiety and stress, and helps you beat the blues.
- You'll feel more confident when you are active.
- You'll have more energy.
- You may sleep better.



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