



COMMUNITY

4-H & YOUTH

ENVIRONMENT

AGRICULTURE

FOOD



UNIVERSITY OF VERMONT

**EXTENSION**

CULTIVATING HEALTHY COMMUNITIES

# In Your Hands

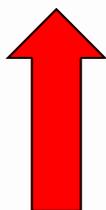
## Physical Activity – It’s Essential!

Taking part in physical activity on a regular basis is an essential part of a healthy lifestyle. Being active offers health and wellness benefits for everyone, regardless of age.

Be active on a regular basis to ...

### Increase your chances of:

- Living longer
- Feeling better
- Sleeping well
- Moving around more easily
- Building stronger muscles and bones
- Being at a healthy weight



### Decrease your chances of:

- Getting heart disease
- Getting type 2 diabetes
- Having high blood pressure
- Having high blood cholesterol
- Having a stroke
- Becoming depressed



Use the information below to find out how much physical activity *you* need. Activity must be of moderate or vigorous intensity (see back for details) in order to count toward your daily total. People with health conditions or disabilities should consult a healthcare professional before beginning any new activity.



### YOUNG CHILDREN (ages 2 - 5)

There are no specific recommendations for the number of minutes young children should be active; however, young children should **engage in active play** several times a day.

### CHILDREN AND ADOLESCENTS (ages 6 - 17)

**Follow the 60:5 rule**  
At least **60** minutes a day **5** days a week.

### ADULTS (ages 18 - 64)

**Follow the 30:5 rule**  
At least **30** minutes a day **5** days a week.

### OLDER ADULTS (ages 65 and older)

Older adults should follow the adult activity guidelines, **to the extent that they are able.**



UVM Extension helps individuals and communities put research-based knowledge to work.

[www.uvm.edu/extension](http://www.uvm.edu/extension)

Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, in cooperation with the United States Department of Agriculture. University of Vermont Extension, Burlington, Vermont. University of Vermont Extension, and U.S. Department of Agriculture, cooperating, offer education and employment to everyone without regard to race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation, and marital or familial status.

# Deciding What Activity is Right for You

**Moderate-intensity aerobic activity** means you're working hard enough to raise your heart rate and break a sweat. One way to tell if you're working at a moderate intensity is if you can still talk but cannot sing the words to a song.

## Some examples of moderate aerobic activity:

- Walking at a brisk pace (3-4.5 mph)
- Dancing
- Riding a bike less than 10 mph
- Raking leaves
- Playing catch
- Yoga
- Doubles tennis
- Ice skating

**Vigorous-intensity aerobic activity** means you're breathing hard and fast, and your heart rate has gone up a great deal. If you're working at this level, you won't be able to say more than a few words without taking a breath.

## Some examples of vigorous aerobic activity:

- Walking, jogging, or running at a fast pace (5+ mph)
- Dancing energetically
- Riding a bike faster than 10 mph
- Shoveling heavy snow
- Soccer, kickball, basketball
- Jumping rope, jumping jacks
- Singles tennis
- Speed skating



**Follow these steps to help you stay on the road to fitness**



**Make physical fitness part of every day** by choosing activities you can do regularly and enjoy. Get moving for at least 10 minutes at a time for health benefits.

**Be active at home** by joining a walking group with friends or neighbors, exercising to a video, playing with your kids, or gardening. Get the whole family involved!

**Be active at work** by taking a brisk walk during a break, doing some simple stretches, or joining in company activities. Take the stairs!

**Be active at play** by dancing away those rainy days with the kids, playing catch, walking to the playground, or going for a bike ride.



UVM Extension's Expanded Food and Nutrition Education Program helps limited resource families, their children and pregnant women learn to shop smarter, eat healthier, and save money. For more information, please contact: (802) 656-2311 or 1-877-337-5826 (toll-free in Vt.) [efnep@uvm.edu](mailto:efnep@uvm.edu)

Authors:  
Amy Davidson, EFNEP Coordinator  
Wendy Hull, EFNEP Administrative Assistant  
Diane Mincher, Food and Nutrition Specialist



**EFNEP**  
Expanded Food and Nutrition Education Program



United States  
Department of  
Agriculture

National Institute  
of Food and  
Agriculture

177:3/2012