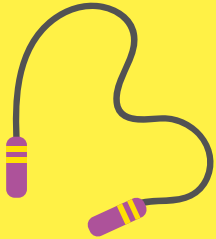


- Moderate activity-
 - Brisk walking
 - Water aerobics
 - Riding a bike
 - Dancing
 - Pushing a lawnmower
 - Hiking
 - Rollerblading



- Vigorous activity-
 - Jogging or running
 - Swimming fast
 - Riding a bike fast or on hills
 - Walking up the stairs
 - Sports
 - Skipping rope
 - Aerobics
 - Gymnastics
 - Martial arts



- Very vigorous activity-
 - Lifting heavyweights
 - Circuit training
 - Sprinting up hills
 - Interval running
 - Running upstairs
 - Spinning classes



- Strengthen muscles-
 - Carrying heavy shopping bags
 - Yoga
 - Pilates
 - Tai chi
 - Lifting weights
 - Working with resistance bands
 - Doing exercises that use your own body weight, such as push-ups and sit-ups
 - Heavy gardening, such as digging and shoveling
 - Wheeling a wheelchair
 - Lifting and carrying children



- Muscle-strengthening exercises are not always an aerobic activity, so you will need to do them in addition to your 150 minutes of activity

References:

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Physical Activity for better health!

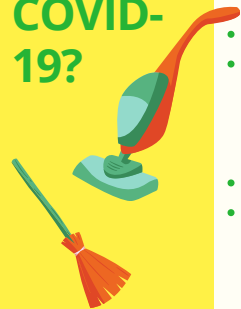
By: Christina Lao, a student of California State University of Fresno

How can you make exercise a part of your regular routine?



- Make everyday activities more active
 - Even small changes can help
 - Take the stairs instead of the elevator
 - Wash the car yourself
 - Park further away from your destination
- Be active with friends and family
 - Having a workout partner may make you more likely to enjoy exercise
 - You can also plan social activities that involve exercise
 - You might consider joining an exercise group or class, such as a dance class, hiking club, or volleyball team
- Keep track of your progress
 - Keeping a log of your activity or using a fitness tracker may help you set goals and stay motivated
- Make exercise more fun
 - Try listening to music or watching TV while you exercise
 - Also, mix things up a little bit, if you stick with just one type of exercise, you might get bored
 - Try doing a combination of activities
- Find activities that you can do even when the weather is bad
 - You can walk in a mall, climb stairs, or work out in a gym if the weather stops you from exercising outside

How can we do physical activity during COVID-19?



- Does not have to be a gym-style workout
- Everyday activities such as walking, gardening, prepping and cooking food, and cleaning can improve fitness and overall health
- Wearing a mask while exercising is going to prevent ease of breathing, thus, finding the best masks for the person's exercise type is important, because some masks are more breathable than others
- Use a mask that can be washed
- If you have asthma, vocal cord dysfunction, and/or dysfunctional breathing, getting used to the mask may be difficult
- Practice first with walking
- People should aim to do some form of exercise daily to create a habit, which generally takes about several weeks or months



Bottom Line of Exercise:

- At least **150** minutes a week of moderate physical activity or **75** minutes of vigorous activity or a combination of both
- Strength training exercises for all major muscles groups at least **2** times a week



Physical Activity is better you!



How physical activity also benefits you!

