

## Resources

### Make Staying *physically active* a lifelong habit!

**Make it a family thing.** Work out with your family, friends, or neighbors. Teaming up with a partner keeps you both motivated.

**Make it a religious thing.** Start a physical activity group at your church.

**Make it a work thing.** Keep a pair of waking shoes at work. Join a coworker and use part of your lunch time or breaks for an activity. Challenge each other to better health.

### Are you ready to get *active*?

- You can start an exercise program slowly if you do not have a health problem.
- If you have a health problem, check with your doctor before starting a vigorous exercise program.

### Create a *healthier* you!

Choose one activity from the list of moderate or vigorous activities listed in the brochure and get started toward a healthier you. Get a pencil and complete the sentences below.

#### Make Physical Activity a Habit

Track your daily progress. Start out slowly. Soon you will reach 30 minutes or more a day!

My goal is to

*(write one favorite activity here)*

for at least \_\_\_\_\_ minutes  
*(minutes per day)*  
\_\_\_\_\_ times a week.  
*(number of times)*

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#### National Institutes of Health

900 Rockville Pike  
Bethesda, MD 20892  
301-496-4000  
[www.nih.gov](http://www.nih.gov)

#### American Heart Association

415 North Charles Street  
Baltimore, MD 21201  
800-242-8721  
[www.americanheart.org](http://www.americanheart.org)

#### American Council on Exercise

4851 Paramount Drive  
San Diego, CA 92123  
888-825-3636  
[www.acefitness.org](http://www.acefitness.org)

Source: National Institutes of Health

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BRC6147-1S (6/08)



# Physical Activity:

## Getting Fit *for Life*

## Add activity to your daily routine and feel more energetic!

Physical activity is important. It can help you feel better and improve your health. There are many fun things that you can do to be active either by yourself or with family or friends. Children and adults should do 30 minutes or more of moderate physical activity each day. You can do 30 minutes all at once or 10 minutes at a time, three times a day. If you are not used to being active, start out slowly and work up to 30 minutes a day. Add more activities for longer periods of time as you begin to feel more fit, or add some vigorous activity.

## Improve your outlook!

Physical activity can keep you from feeling tired, bored, and out of shape. With more physical activity you may feel less stressed.

Physical activity can also:

- give you more energy
- help you lose weight and control your appetite
- help you sleep better
- lower your chance for diabetes
- lower your chance for stroke
- lower your blood pressure
- improve your blood cholesterol levels



## Physical Activity: *Getting Fit for Life*

### Move your body!

Change your habits by adding activity to your daily routine. Any movement you do burns calories. The more you move, the better. Check out some of these simple activities to get you started today.

#### To perk up:

- Get up 15 minutes earlier in the morning and stretch.
- Jog in place.
- Ride your stationary bike while watching TV.
- Work out along with an exercise video or DVD.

#### For a quick workout:

- Use the stairs instead of the elevator.
- Walk to the bus or train stop.
- Walk to each end of the mall when you go shopping.
- Park your car a few blocks away and walk.

#### To have fun:

- Play your favorite dance music. Do the old steps you love and add some new moves.
- Jump rope or play tag with your kids or grand kids.
- Use hand-held arm weights while talking on the phone.



Check with your doctor before starting an exercise program.



### What's the best type of physical activity for you?

The best type is the one or two that you will do. Pick an activity that you enjoy

doing and that will fit into your daily routine. Start with moderate levels of activity and work your way up.

#### Moderate level of activity:

Here's a good place to start. Moderate activities such as walking and climbing stairs for 10 minutes, three times a day can improve your health. Choose a few things from the list below.

- walking
- gardening
- vacuuming
- bowling
- dancing
- raking leaves
- climbing stairs

#### Vigorous level of activity:

You can increase to this higher level as you become more fit. You gain additional health benefits from vigorous activity. If you are already at this level, keep up the good work.

- bicycling
- swimming
- aerobics
- jogging/running
- marching in place
- team sports (basketball, football, soccer, baseball)