

## ***Body Moves . . . . .***



Moving your body helps you stay healthy and keeps your body in working order. You feel better and enjoy life more if you are physically active. If you move your body you will reduce your risk of developing diseases such as heart disease, obesity, and osteoporosis.

### **Reasons To Be More Active:**

- Keeps your body trim and muscular.
- Reduces your chances of heart disease.
- Makes you feel better about yourself - improves self-esteem.
- Lifts your mood, reduces anxiety, depression and mental stress.
- Helps lower your blood pressure.
- Strengthens your immune system.
- Reduces your risk of developing diabetes.
- Keeps joints and muscles strong, increasing your flexibility and balance.

Putting on the moves instead of pounds isn't difficult. Moderate activities such as walking, climbing stairs and household tasks are good activities anyone can include daily.

**Examples of Moderate Activity:** These examples of moderate activity will use approximately 150 or more calories in the times indicated. Calories used will depend on how hard you work at the activity and your present body weight. The more you weigh, the more calories you burn.

- Wash and wax car for 45-60 minutes
- Washing windows or floors for 45-60 minutes
- Gardening for 30-45 minutes
- Walking 2 miles in 30 minutes
- Bicycling 5 miles in 30 minutes
- Raking leaves for 30 minutes

### ***Let's Move. . . . .***

- About 30 minutes of moderate-speed (3 to 4 mph) walking each day for most days of the week can reduce your risk of chronic diseases like heart disease, high blood pressure, and obesity.
- Walking is a good activity.
- Comfortable shoes, a safe place to walk, and a desire to improve your health is all you need to start walking.
- Walk with friends or family members for more fun and safety.
- The recommended 30 minutes of walking can be all at one time or several short times that add up to 30 minutes; the health benefits are about the same.
- Climbing stairs burns a lot of calories and builds strength and endurance so you won't tire easily. You will develop a trimmer, more muscular body. Stair work can be hard work, so start slowly.
- Household activities (cleaning, yard work, gardening, etc.) are good ways to be active.

### ***A List of Moves . . . . .***

- 1 List the places in your neighborhood that are safe places to walk.
- 2 List how often each day you have the chance to climb at least one flight of stairs.
- 3 List destinations (grocery store, church, etc.) within walking distance of your home and walking times to make the round-trip.
- 4 Make a list of friends and family members who are able to walk with you.
- 5 Keep a record on a calendar of the kinds of activities you do around your house. Try to increase your household activity. Do it gradually.
- 6 Find ways to have fun and be active - dancing, bicycling, swimming, playing with your children, etc.
- 7 Turn off the television and do some physical activity.

### **Remember:**

- ☺ ALWAYS CHECK WITH YOUR DOCTOR BEFORE YOU START INCREASING YOUR PHYSICAL ACTIVITY.
- ☺ ALWAYS START SLOWLY WHEN DOING YOUR ACTIVITY AND BUILD UP SLOWLY TO THE LEVEL THAT YOU HAVE SET FOR YOUR GOAL.
- ☺ DO NOT PUSH YOURSELF TOO HARD, ESPECIALLY IN THE

BEGINNING.

- ☺ DRINK WATER BEFORE, DURING AND AFTER PERIODS OF ACTIVITY.  
(The need for water becomes more critical in hot weather and during very strenuous physical activities.)

***Moves That Fit You (Goal Setting) . . . . .***

Set goals you know you can achieve. Don't discourage yourself by setting goals that are too difficult in the beginning. And if you have setbacks, DO NOT give up. We learn from our experiences.

**Goal Suggestions:**

- ❖ If you do very little walking, set a goal to walk at least 30 minutes a day without tiring easily.
- ❖ If you do little or no stair climbing, set a goal to climb at least one flight of stairs on most days of the week. Gradually increase the amount you climb.
- ❖ Set a goal to have a walking group formed that will walk \_\_\_ minutes about \_\_\_ day(s) of the week in \_\_\_ months.
- ❖ Set a goal to ride in a vehicle less when doing errands.
- ❖ Watch less television so you can be more active.

**Set two goals for yourself:**

1. \_\_\_\_\_  
\_\_\_\_\_

2. \_\_\_\_\_  
\_\_\_\_\_

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