

Week Two: Getting Benefits



WORKSITE WELLNESS TURKEY PROGRAM

Solving the Puzzle of Moving More

Physical activity provides numerous health benefits such as weight control and lower risk of heart disease, stroke, type 2 diabetes, high blood pressure, high cholesterol and depression. To get the most health bang for your buck, experts have established these physical activity guidelines for adults: thirty minutes of moderate aerobic physical activity five days a week **OR** twenty minutes of vigorous aerobic physical activity three days a week. These are minimal guidelines—you can add additional workout days or longer workout sessions if you want to increase your health benefits, lose weight or are training for an athletic event.



But what is aerobic physical activity, and why is it important? Aerobic physical activity improves your heart’s efficiency while resting and during exercise. It is continuous movement that uses the large muscle groups of your arms and legs. During aerobic physical activity, your heart rate increases and you may begin to breathe hard. Walking, running, swimming and biking are great examples of aerobic activity and they all double as types of transportation!

For information about the 2008 Physical Activity Guidelines for Americans visit: www.Health.gov/PAGuidelines

Earn **10 bonus points** for using your newsletters to correctly complete the Solving the Puzzle of Moving More crossword.

Weekly Activity Tips

During week 2 remember to give yourself a point each time you complete a weekly activity tip!

1. Find a buddy to be active with you.
2. Dance to your favorite song.
3. Record your activity in a log or diary.
4. Walk for 20 minutes.
5. When choosing a parking spot, park further away from the building.
6. Be active at your desk by trying simple desk stretches.
7. Take the stairs instead of the elevator.