

**BE MORE
ACTIVE**



YOUR CHALLENGE: Be moderately active for 30 minutes at least five days a week, OR using a wearable device, track your steps and average 10,000 steps per day. Report the completion of your goal at www.dmba.com with a simple “yes” or “no.”

WHY BE PHYSICALLY ACTIVE?

Physical activity protects your heart. According to many studies, about half of all cancers could be prevented by maintaining a healthy weight, being physically active on a daily basis, and eating a healthful diet. Regular physical activity is protective to the health in numerous other ways as shown in the list below:

- Burns excess calories, helping you achieve and maintain a healthy weight
- Helps lower blood pressure and improves cholesterol levels (raises HDL cholesterol)
- Improves insulin sensitivity, lowering blood glucose levels, and preventing diabetes
- Improves mood and self image and combats depression and anxiety
- Strengthens both muscle and bones, decreasing risk of injury
- Reduces risk for colon and breast cancer
- Promotes a long healthy life

The good news for most people is that physical activity doesn't need to be strenuous to be beneficial. When you're first getting started, keep your activity moderate. Choose activities you enjoy and that are within your current ability.

COMPONENTS OF A GOOD PHYSICAL ACTIVITY PROGRAM

- Duration (length of continuous activity)
- Frequency (how many times a week you do it)
- Intensity (how much effort you put into it)

Some activities require minimal effort (strolling through a park, dusting, or golfing using a cart). Start with these light activities if you're unaccustomed to physical activity.

Once you've achieved a level of endurance, you can increase your endurance by increasing the duration, then the frequency, and, finally, the intensity.

Activities of moderate intensity are those you can engage in while still carrying on a conversation. Examples include bicycling, rowing, dancing, golfing without a cart, walking briskly on a level surface, mopping, and raking.

After you can easily participate in moderate-intensity activities, you can begin vigorous activities: climbing stairs or hills, swimming laps, digging holes, skiing, jogging, hiking, and playing singles tennis.

GET STARTED, STAY MOTIVATED

Maintaining an active lifestyle for a lifetime is the real challenge. Currently, only about one in four people are getting adequate physical activity for good health. Here are some ideas to consider when planning for lifelong fitness:

- Set weekly goals. A goal might be 30+ minutes of activity 5+ days each week. Or it may be walking two miles daily, or biking to work. Be specific. Write down your goals, and keep a written log of your progress daily.
- Exercise with your spouse or a friend. Adding a social element helps keep your activity fun and improves long-term success.
- Try a variety of activities. Walk, bike, swim, hike on the weekends, play tennis, and garden. Have fun!
- Don't overdo it. If you get too tired or too sore from attempting too much too soon, simply ease back a little. Don't go so hard that it isn't fun anymore and you give up. Take it easy. Be consistent, and the body will adapt.
- Think of exercise as play. Have fun. Choose pleasant surroundings when possible: exercise in a park, by a river, lake, or other scenic setting.
- Get comfortable, well-fitting shoes and exercise clothes.
- Get additional guidance or support. Join a fitness center, a community aerobics class, the YMCA, or a biking or hiking club.
- Reward yourself as you reach your fitness goals. Take a trip. Get new clothes.
- Remember that physical activity is time well spent.



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THE BENEFITS OF WALKING

Setting yourself a goal of walking 10,000 steps a day can be a fun way of increasing the amount of physical activity you do. Walking is one of the best and easiest forms of exercise. Walking can build stamina, burn excess calories, and give you a healthier heart. It can be done almost anywhere, at any time, and in any weather.

FITTING 10,000 STEPS INTO YOUR BUSY DAY

Increasing your walking is easier than you might think. Try these tips to getting a few more steps in your daily routine:

- Get off the bus a stop or two early and walk to your destination.
- Walk to the station instead of driving there.
- Take the stairs instead of the elevator, or walk up escalators.
- Park farther away from the store entrance when shopping.
- Walk the kids to school.
- Take walks after dinner as a family.
- Walk the dog.

MAKING WALKING A LITTLE BIT MORE FUN

- Find a walking buddy so you have someone to chat with as you walk.
- Listen to music, podcasts, or audiobooks as you walk.
- Plan new walking routes or paths.
- Try hiking or join a hiking/walking group.

TRACKING YOUR STEPS

There are many different types of wearable devices. All will track your steps. The most basic is a

pedometer. Most smart phones have pedometer apps available, and there are electronic wearable devices such as Fitbit, Jawbone, Garmin, etc.

To find out how many steps you take each day, use a wearable device to track the steps you take around the house, at the office, or running errands. You might find that you walk almost 10,000 steps already—or that you walk less than you think. Whatever your results, knowing how far you can walk in a day will motivate you.

If you are not very active, increase your steps gradually. No one expects 10,000 steps on the first day. Using your wearable device, find out how many steps you take during a normal day. Record your daily steps over a week and use the total weekly number to work out a daily average. Use this daily average to build your steps gradually, by adding a few more steps every so often, until you're regularly walking 10,000 steps a day.

WALKING FOR LIFE

Being active is a lifelong health habit. It's great for preventing weight gain, lifting your mood, and reducing your risk of many lifestyle disease, such as heart disease. It takes a while for a regular activity to become a healthy habit, so just keep going and it will become second nature. You'll soon find yourself doing many more than 10,000 steps on some days.

WANT MORE INFORMATION?

- American Heart Association <https://www.heart.org/en/healthy-living>
- WebMD <https://www.webmd.com/living-healthy>
- CDC Healthy Living <https://www.cdc.gov/healthyliving/index.html>

Note: If you can't complete this challenge because of a medical condition, let us know and we'll come up with an alternative for you.



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