



# Insert Visual of Actual Display



# Supplies Needed

- Tri-fold board (48"x36") or similar display area
- Printed PowerPoint slides (14) on 8"x11" card stock paper.
- Tape or push pins.
- Preferred Handouts:
  - Be Physically Active  
([http://www.prevention.va.gov/docs/VANCP\\_HL\\_Be\\_Physically\\_Active\\_508.pdf](http://www.prevention.va.gov/docs/VANCP_HL_Be_Physically_Active_508.pdf))
  - Strive for a Healthy Weight  
([http://www.prevention.va.gov/docs/VANCP\\_HL\\_Healthy\\_Weight\\_508.pdf](http://www.prevention.va.gov/docs/VANCP_HL_Healthy_Weight_508.pdf))

## Suggested display items:

- Running shoes
- Jump rope
- Exercise bands
- Free weights
- Medicine ball

## References:

- Eatright.org
- Choosemyplate.gov

## Pictures from:

- <http://office.microsoft.com>
- Choosemyplate.gov

# PHYSICAL ACTIVITY



# HOW MUCH PHYSICAL ACTIVITY DO I NEED ?



## ADULT

(ages 18-64 years)



- 🖥️ 150 minutes of aerobic physical activity each week.
- 🖥️ Spread over at least 3 days a week is best.
- 🖥️ At least 10 minute at a time.
- 🖥️ Strength activities like push-ups, sit-ups, and weight lifting at least 2 days a week.

# CHILDREN AND ADOLESCENTS

(6-17 years)

-  60 minutes or more of physical activity each day.
-  Include muscle-building activities like climbing and bone-building activities like jumping, each at least 3 days a week.
-  Physical activity for children and adolescents should be developmentally appropriate, fun and include variety.



# YOUNG CHILDREN

(2-5 years)

🖥️ No specific recommendations

🖥️ Should play actively several times a day



Physical activity and nutrition work together for better health.

For more information visit:

[ChooseMyPlate.gov](http://ChooseMyPlate.gov)





# I have fun while being active!

## Tips for increasing physical activity

-  Choose activities you enjoy and can do regularly
-  Take a brisk 10 minute walk from the parking lot
-  Join an exercise class
-  Try something different on alternating days
-  Swim, take a yoga class, garden, or lift weights
-  To be ready anytime, keep comfortable clothes and walking or running shoes in the car and/or at the office

# Being physically active can help you:

 Increase your chances of living longer.

 Feel better about yourself.

 Decrease your chances of becoming depressed.

 Sleep well at night.

 Move around more easily.

 Have stronger muscles and bones.

 Stay at or get to a healthy weight.

 Be with friends or meet new people.



# STAY SAFE



-  If you haven't been active in a while, start slowly and build up.
-  Learn about the types and amounts of activity that are right for you.
-  Choose activities that are appropriate for your fitness level.
-  Build up the time you spend before switching to activities that take more effort.
-  Use the right safety gear and sports equipment.
-  Choose a safe place to do your activity.
-  See a health care provider if you have a health problem.

# How many calories does physical activity use?

## Approximate calories used by a 154 pound man

Moderate physical activities:		
	In 1 hour	In 30 minutes
Hiking		185
Light gardening/yard work		165
Dancing	330	165
Golf (walking and carrying clubs)	330	165
Bicycling (less than 10 miles per hour)	290	145
Walking (3 1/2 miles per hour)	280	140
Weight training (general light workout)	220	110
Stretching	180	90
Vigorous physical activities:		
	In 1 hour	In 30 minutes
Running/jogging (5 miles per hour)	590	295
Bicycling (more than 10 miles per hour)	590	295
Aerobics	480	240
Walking (4 1/2 miles per hour)	460	230
Heavy yard work (chopping wood)	440	220
Weight lifting (vigorous effort)	440	220
Basketball (vigorous)	440	220

# Moderate physical activities

 Walking briskly (about 3 ½ miles per hour)

 Bicycling (less than 10 miles per hour)

 General gardening (raking, trimming shrubs)

 Golf (walking and carrying clubs)

 Dancing

 Water aerobics

 Canoeing

 Tennis (doubles)



# Vigorous physical activities

🖥️ Running/jogging (5 miles per hour)

🖥️ Walking very fast (4 ½ miles per hour)

🖥️ Bicycling (more than 10 miles per hour)

🖥️ Heavy yard work, such as chopping wood

🖥️ Swimming (freestyle laps)

🖥️ Aerobics

🖥️ Basketball (competitive)

🖥️ Tennis (singles)



## Physical Activity Can Help Prevent:

- 🖥️ Heart disease
- 🖥️ Type 2 diabetes
- 🖥️ High blood pressure
- 🖥️ High blood cholesterol
- 🖥️ A stroke

