

Week 8

FLEXIBILITY, STRENGTH, & EXERCISE INTENSITY



IMPROVING FLEXIBILITY

Flexibility is a joint's (like knees, elbows, shoulders) ability to move through a full range of motion. Exercises that increase and maintain flexibility are stretching motions. These movements can help muscles get balanced use so that no one area is overused because of bad posture, injury, or repetitive motions.

A joint that is flexible can move through a greater range of motion and requires less energy to do so. It is also less subject to injury during exercise, including the surrounding tissues. Reasons to stretch include:

- Gets muscles ready to work
- Increases blood flow (circulation) to muscles so they have greater elasticity (ability to return to their normal shape and place)
- Helps reduce the risk of low back pain
- Increases fluid around the joints (synovial fluid) which lubricates the joints making them move more easily

STRETCH before exercise to warm up the muscles. Think of how good it feels to have a big stretch when you get out of bed in the morning. Stretching gets muscles ready to work.

STRETCH after exercise to help muscles relax. Take a minute or two to slowly stretch as many areas of the body as possible and hold the positions for a count of 15-30. This helps reduce muscle soreness and, over time, will help improve muscular balance and posture.

If exercises hurt, STOP! Slow down and do not push past your comfort level. If in doubt, check with your healthcare provider about what you should and should not do.

BUILDING STRENGTH

Strength training is very important in helping your body be healthier. It's not just for athletes! Our bodies depend on many muscles (including our hearts) to move, breathe, smile, walk, carry, and hug! Society has changed and many activities that used to be common have been replaced by technology. So many things and systems that make our lives easier and more productive also take away the opportunity for physical activity.

Strength training:

- Builds and maintains muscle strength, which can improve balance. Poor muscle strength puts us at greater risk for falls and injuries. Resistance-type exercises have been shown to reduce fall risk in the elderly.
- Weight loss—Muscles work hard so they need energy. More calories are burned when we have good muscle mass, as opposed to more fat, particularly hidden abdominal fat (occurs around organs in the abdomen).
- Keeps bones healthy—Osteoporosis, or decreased bone mass, can be reduced and improved by strength training. Osteoporosis is common in older women but can happen to men.
- Diabetes—Activity, including resistance-type exercises are helpful in improving control of blood sugar.
- Posture—Well-developed muscles help correct bad posture, which can cause discomfort and contribute to lack of physical activity.
- Anti-aging—Muscle mass begins to decrease at about age 30 and is mostly due to lack of enough exercise. The systems in our bodies that depend on muscles, like the heart and lungs, don't work as well if we are not active.
- Back pain—Resistance exercise has been shown to reduce back pain, particularly in women with low bone density.

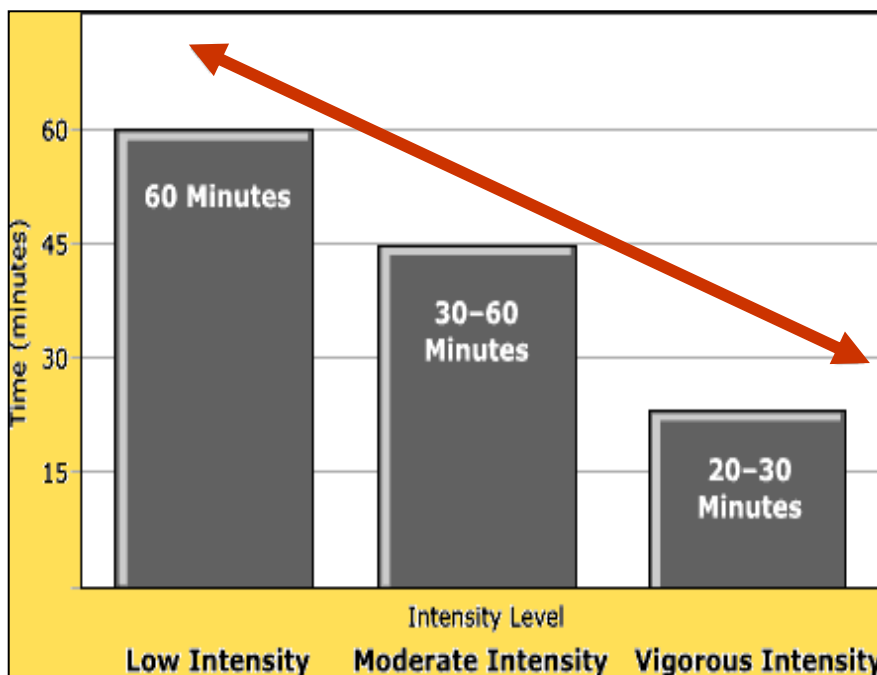
Sources: American College of Sports Medicine— Exercise & Physical Activity for Older Adults; Centers for Disease Control and Prevention—Trends in Strength Training—United States; WebMD, Inc., 2007 - Health & Fitness and Strength Training; Global Health and Fitness—Benefits of Flexibility Training; Mayo Clinic, 5/4/10—Stretching: Focus on Flexibility.

MEASURING YOUR PHYSICAL ACTIVITY

How do you know when enough is enough? When it comes to physical activity, it's important to think of your goals and consider the time you have to dedicate. Weight loss may require more time and/or more intensity than physical activity levels required to maintain good health.

HIGHER INTENSITY ACTIVITIES REQUIRE LESS TIME SPENT.

LOWER INTENSITY ACTIVITIES REQUIRE MORE TIME SPENT TO ACHIEVE THE SAME RESULTS, LIKE CALORIE BURNING OR MUSCLE BUILDING.



How do you measure intensity?

Light - You can sing.

Moderate—You can carry on a conversation.

Vigorous—You are breathing fast and it is hard to carry on a conversation.

Perceived exertion is important. It is based on the physical sensations, including increased heart rate and/or breathing rate, increased sweating, and muscle fatigue.

Consider these things and don't push yourself over your limit. Work up from one level to the next.

Some physical activities are not intense enough to meet recommendations. Although you are moving, the exercise doesn't increase your heart rate, so don't count these toward your goal for the day (walking casually as you shop in a store, doing light housekeeping chores, walking to the copy machine, etc).

Light intensity activities: walking slowly, gardening (light weeding), bicycling with light effort, dusting/vacuuming, stretching/warm-up exercises, golf with a powered cart.

Moderate intensity activities: walking briskly (about 3 1/2 miles/hr), golf—walking and pulling a cart or carrying clubs, recreational swimming, mowing lawn with power mower, doubles tennis, bicycling 5-9 miles/hr on flat terrain, scrubbing floors or washing windows, hiking, gardening and yard work (more than just light weeding), dancing, weight training that is generally a light workout.

Vigorous intensity activities: walking very fast (4 1/2 miles/hr), jogging or running (more than 5 miles/hr), swimming laps (free style laps), mowing lawn (hand mower), singles tennis, bicycling (more than 10 miles/hr or on uphill terrain), moving or pushing furniture, circuit training in a gym, aerobics, heavy hard work (chopping wood, etc.), weight lifting (vigorous effort), competitive basketball.

Exercise Calorie Expenditures by Activity. This NutriBase table gives you an idea of how many calories you may expend while performing an activity for **30 minutes**. Each column shows the estimated calories for the specified body weight. To sort by exercise intensity (low-to-high), refer to the [Exercise Calorie Expenditures - Sorted by Intensity](#) chart.

Activity (weight in pounds)→	90	100	110	120	130	140	150	160	170	180	190	200	220	240	260	280	300
Aerobic dancing (low impact)	104	115	127	138	149	161	172	184	195	207	218	230	253	276	299	322	345
Aerobics step training, 4" step (beginner)	131	145	160	174	189	203	218	232	247	261	276	290	319	348	377	406	435
Aerobics, slide training (basic)	135	150	165	180	195	210	225	240	255	270	285	300	330	360	390	420	450
Backpacking with 10 lb. load	162	180	198	216	234	252	270	288	306	324	342	360	396	432	468	504	540
Backpacking with 20 lb. load	180	200	220	240	260	280	300	320	340	360	380	400	440	480	520	560	600
Backpacking with 30 lb. load	211	235	259	282	306	329	352	376	399	423	446	470	517	564	611	658	705
Badminton	135	150	165	180	195	210	225	240	255	270	285	300	330	360	390	420	450
Basketball (game)	198	220	242	264	286	308	330	352	374	396	418	440	484	528	572	616	660
Basketball (leisurely, nongame)	117	130	143	156	169	182	195	208	221	234	247	260	286	312	338	364	390
Bicycling, 10 mph (6 minutes/mile)	112	125	138	150	162	175	188	200	213	225	237	250	275	300	325	350	375
Bicycling, 13 mph (4.6 minutes/mile)	180	200	220	240	260	280	300	320	340	360	380	400	440	480	520	560	600
Billiards	41	45	49	54	58	63	68	72	76	81	85	90	99	108	117	126	135
Bowling	50	55	60	66	72	77	82	88	94	99	105	110	121	132	143	154	165
Canoeing, 2.5 mph	63	70	77	84	91	98	105	112	119	126	133	140	154	168	182	196	210
Canoeing, 4.0 mph	122	135	149	162	175	189	202	216	230	243	257	270	297	324	351	378	405
Croquet	54	60	66	72	78	84	90	96	102	108	114	120	132	144	156	168	180
Cross country snow skiing, intense	297	330	363	396	429	462	495	528	561	594	627	660	726	792	858	924	990
Cross country snow skiing, leisurely	140	155	171	186	202	217	232	248	263	279	294	310	341	372	403	434	465
Cross country snow skiing, moderate	198	220	242	264	286	308	330	352	374	396	418	440	484	528	572	616	660
Dancing (noncontact)	90	100	110	120	130	140	150	160	170	180	190	200	220	240	260	280	300
Dancing (slow)	50	55	60	66	72	77	82	88	94	99	105	110	121	132	143	154	165
Gardening, moderate	81	90	99	108	117	126	135	144	153	162	171	180	198	216	234	252	270
Golfing (walking, w/o cart)	90	100	110	120	130	140	150	160	170	180	190	200	220	240	260	280	300
Golfing (with a cart)	63	70	77	84	91	98	105	112	119	126	133	140	154	168	182	196	210
Handball	207	230	253	276	299	322	345	368	391	414	437	460	506	552	598	644	690
Hiking with a 10 lb. load	162	180	198	216	234	252	270	288	306	324	342	360	396	432	468	504	540
Hiking with a 20 lb. load	180	200	220	240	260	280	300	320	340	360	380	400	440	480	520	560	600
Hiking with a 30 lb. load	211	235	259	282	306	329	352	376	399	423	446	470	517	564	611	658	705
Hiking, no load	140	155	171	186	202	217	232	248	263	279	294	310	341	372	403	434	465
Housework	81	90	99	108	117	126	135	144	153	162	171	180	198	216	234	252	270
Ironing	45	50	55	60	65	70	75	80	85	90	95	100	110	120	130	140	150
Jogging, 5 mph (12 minutes/mile)	167	185	203	222	240	259	278	296	315	333	352	370	407	444	481	518	555
Jogging, 6 mph (10 minutes/mile)	207	230	253	276	299	322	345	368	391	414	437	460	506	552	598	644	690
Mopping	77	85	94	102	111	119	128	136	144	153	162	170	187	204	221	238	255
Mowing	122	135	149	162	175	189	202	216	230	243	257	270	297	324	351	378	405
Ping Pong	81	90	99	108	117	126	135	144	153	162	171	180	198	216	234	252	270
Raking	68	75	82	90	98	105	112	120	128	135	142	150	165	180	195	210	225
Raquetball	185	205	225	246	266	287	308	328	349	369	389	410	451	492	533	574	615
Rowing (leisurely)	68	75	82	90	98	105	112	120	128	135	142	150	165	180	195	210	225
Rowing machine	162	180	198	216	234	252	270	288	306	324	342	360	396	432	468	504	540
Running, 08 mph (7.5 minutes/mile)	274	305	336	366	396	427	458	488	518	549	579	610	671	732	793	854	915
Running, 09 mph (6.7 minutes/mile)	297	330	363	396	429	462	495	528	561	594	627	660	726	792	858	924	990
Running, 10 mph (6 minutes/mile)	315	350	385	420	455	490	525	560	595	630	665	700	770	840	910	980	1050

Activity (weight in pounds)→	90	100	110	120	130	140	150	160	170	180	190	200	220	240	260	280	300
Scrubbing the floor	126	140	154	168	182	196	210	224	238	252	266	280	308	336	364	392	420
Scuba diving	171	190	209	228	247	266	285	304	323	342	361	380	418	456	494	532	570
Shopping for groceries	54	60	66	72	78	84	90	96	102	108	114	120	132	144	156	168	180
Skipping rope	257	285	313	342	370	399	428	456	484	513	541	570	627	684	741	798	855
Snow shoveling	176	195	215	234	253	273	292	312	332	351	371	390	429	468	507	546	585
Snow skiing, downhill	117	130	143	156	169	182	195	208	221	234	247	260	286	312	338	364	390
Soccer	176	195	215	234	253	273	292	312	332	351	371	390	429	468	507	546	585
Squash	185	205	225	246	266	287	308	328	349	369	389	410	451	492	533	574	615
Stair climber machine	144	160	176	192	208	224	240	256	272	288	304	320	352	384	416	448	480
Stair climbing	126	140	154	168	182	196	210	224	238	252	266	280	308	336	364	392	420
Swimming (25 yards/minute)	108	120	132	144	156	168	180	192	204	216	228	240	264	288	312	336	360
Swimming (50 yards/minute)	202	225	248	270	292	315	338	360	382	405	428	450	495	540	585	630	675
Table Tennis	81	90	99	108	117	126	135	144	153	162	171	180	198	216	234	252	270
Tennis	144	160	176	192	208	224	240	256	272	288	304	320	352	384	416	448	480
Tennis (doubles)	99	110	121	132	143	154	165	176	187	198	209	220	242	264	286	308	330
Trimming hedges	94	105	115	126	136	147	158	168	178	189	199	210	231	252	273	294	315
Vacuuming	68	75	82	90	98	105	112	120	128	135	142	150	165	180	195	210	225
Volleyball (game)	108	120	132	144	156	168	180	192	204	216	228	240	264	288	312	336	360
Volleyball (leisurely)	63	70	77	84	91	98	105	112	119	126	133	140	154	168	182	196	210
Walking, 2 mph (30 minutes/mile)	54	60	66	72	78	84	90	96	102	108	114	120	132	144	156	168	180
Walking, 3 mph (20 minutes/mile)	72	80	88	96	104	112	120	128	136	144	152	160	176	192	208	224	240
Walking, 4 mph (15 minutes/mile)	90	100	110	120	130	140	150	160	170	180	190	200	220	240	260	280	300
Washing the car	68	75	82	90	98	105	112	120	128	135	142	150	165	180	195	210	225
Waterskiing	144	160	176	192	208	224	240	256	272	288	304	320	352	384	416	448	480
Waxing the car	90	100	110	120	130	140	150	160	170	180	190	200	220	240	260	280	300
Weeding	90	100	110	120	130	140	150	160	170	180	190	200	220	240	260	280	300
Weight training (40 sec. between sets)	230	255	280	306	332	357	382	408	433	459	484	510	561	612	663	714	765
Weight training (60 sec. between sets)	171	190	209	228	247	266	285	304	323	342	361	380	418	456	494	532	570
Weight training (90 sec. between sets)	112	125	138	150	162	175	188	200	213	225	237	250	275	300	325	350	375
Window cleaning	68	75	82	90	98	105	112	120	128	135	142	150	165	180	195	210	225

Whatever physical activity you choose to do, keep it fun. Include variety, so that all your muscles get some attention. Start at a level you know you can handle and build up as strength and endurance increase.

Local resources for physical activity that can keep you accountable and may provide some group exercise and have equipment like weights or treadmills may be just the thing to get and keep you interested in moving more. YMCAs, city and county recreation centers, fitness centers or gyms, or personal trainers are available in most locations.

ACTIVITY TIPS

It is very important to set short-term and long-term physical activity goals. Short-term goals will encourage you to get stronger and increase your activity. Long-term goals will help you maintain regular activity as a permanent lifestyle change.

Recommendation:

Short-term goal: 30 to 60 minutes of physical activity, at least 3-5 days per week

Long-term goal: Longer duration of exercise and more days per week.

Keep your activities balanced. It's important to get the entire body involved so include:

- Cardiovascular: exercises that strengthen the heart and lungs (aerobic)
- Flexibility: stretching exercises that keep muscles and joints supple
- Strength: lifting weights or doing exercises that use the weight of the body for resistance (like sit-ups)

Be safe. If you have any doubts about what you should or should not do, ask your healthcare provider. Start slowly and work up to a longer time and with more intensity, especially if you are older, have not been physically active in a while, have health problems, or have discomfort or pain after mild activity.

Having a buddy for accountability can be especially helpful when trying to stick to a physical activity routine. Having a specific place to exercise helps, too. City and county parks often have free or low-cost activities offered on a regular basis. Statistics indicate that sticking to a regular time to get activity in your schedule for a prescribed number of minutes 5 days per week for at least 2 consecutive weeks is very helpful in establishing a habit.

No-brainer ways to get in more activity:

- Take stairs instead of elevators or escalators
- Replace TV with a walk
- Use a treadmill while reading or watching TV
- Walk a dog
- Ride a bike
- Park in a safe area that is as far as possible from store entrances
- Borrow or buy exercise DVDs (the public library has a good variety)

Keep it fun!

- Do things you already enjoy
- Change your route if you walk or bike
- Try a new activity or sport—you may like it
- Include a friend or family member—it's a great time to socialize
- Use headphones and books on tape when walking
- Get exotic—try belly dancing or yoga! Cable, Netflix, etc. now have many alternative exercise programs

BENEFITS OF PHYSICAL ACTIVITY:

- Reduces stress
- Improves mental alertness
- Improves energy
- Builds muscle, reduces fat and increases calorie burn
- Improves bone strength
- Reduces "bad" cholesterol (LDL) in most people
- Increases stamina and flexibility

Don't have exercise equipment?
Grab water bottles to use as hand weights.

Want to go heavier? Freeze the water bottle.

If you are not used to exercising, you may experience some soreness at first, but if it HURTS, STOP! You need to do less for longer and attempt more strenuous activity more slowly.

GUIDES FOR ACTIVITY—STRETCH IT OUT!

If you cannot do any of the stretching exercises, your doctor can advise you about how to incorporate stretching daily. Medical conditions or past injuries may make it difficult for you to do any of these exercises. Your healthcare provider should be your guide.



Torso Stretch

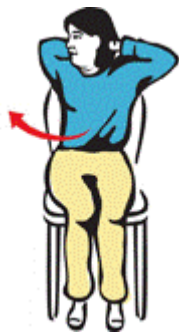
Purpose: Stretch the midsection (waist).

Starting Position: Sit tall with your feet flat on the floor, shoulder-width apart.

Action:

- Place hands behind your head, as shown, with elbows out to the side. You can also cross your arms over your body or leave them at your sides, whichever is most comfortable.
- Bend your body to one side, bending at the waist. Keep your head facing forward.
- Return to starting position. Repeat on the other side.

Repeat: 6 to 8 times on each side.



Torso Twist

Purpose: Stretch the midsection (waist).

Starting Position: Sit tall with your feet flat on the floor, shoulder-width apart.

Action:

- Place hands behind your head, as shown, with elbows out to the side. You can also cross your arms over your body or leave them at your sides, whichever is most comfortable.
- Twist your body to one side so you face the side wall. Your head should follow your body as you turn. Be sure to twist from your waist.
- Return to starting position. Repeat on the other side.

Repeat: 6 to 8 times on each side.



Neck Stretch

Purpose: Neck flexibility

Starting Position: Sit tall, feet flat on the floor, shoulder-width apart.

Action:

- Turn your head to look over your shoulder. Keep your back against the chair and your shoulders facing forward.
- Return to starting position. Repeat on the other side.

Repeat: 6 to 8 times on each side.



Seated March

Purpose: Increase hip flexibility.

Starting Position: Sit tall with your feet flat on the floor, shoulder-width apart.

Action:

- Raise one knee as high as you comfortably can.
- Return to starting position. Repeat on the other side.

Repeat: March 12 to 16 times (6 to 8 times per leg).

KEEP STRETCHING!



Quadriceps Stretch

Purpose: Stretch quadriceps muscle (front of thigh) and strengthen hamstring on back of thigh.

Starting position: Stand with your left side to the wall, 12 to 18 inches from the wall. Place your left hand against the wall for balance, keeping that arm slightly bent.

Action:

- Raise your right heel towards your buttocks. Reach back with your right hand and grab your foot at the heel, ankle or sock. If you can't reach your foot, grab your pant leg or just raise your foot as high as you can and still feel comfortable.
- Hold for two to three seconds. Be sure you're standing tall and looking straight ahead. Your knee should be pointing toward the floor and your ankle should be in a straight line with your leg, not twisted to the side.
- Let go of your foot and slowly return to starting position. Then repeat.

Complete one set, then turn around and hold the wall with your right hand when working your left leg.

Note: Keep your standing leg slightly bent for better balance and to avoid injury. Stand tall and avoid leaning over.

Repeat: 6 to 8 times with each foot.



Hamstring Stretch

Purpose: Stretch hamstring (back of thigh).

Starting Position: Stand with your left side to the wall, 12 to 18 inches from the wall. Place your left hand against the wall for balance, keeping that arm slightly bent.

Action:

- Place your left heel on the floor in front of you. Lean forward from your hip (not your waist).
- Push your hip back and reach toward your toe with your right hand. Your foot can be pointing up (as shown) or flat on the floor, whichever is more comfortable for you. Make sure to keep your shoulders and back straight as you reach forward.
- Hold for two to three seconds.
- Return to starting position. Then repeat.
- Complete one set and then turn around and work the other leg.

Repeat: 6 to 8 times with each leg.



Calf Stretch

Purpose: Stretch the calf (lower part of the back of the leg).

Starting position: Lean against a wall with both palms flat against the wall and your arms straight.

Action:

- Bend one leg, and place the foot on the ground in front of you. The other leg extends behind you with the knee slightly bent. Both feet point straight ahead.
- Slowly move your hips forward, keeping your lower back flat. Be sure the heel of your back foot is flat on the floor, and your weight is in your back heel.
- Hold for two to three seconds.
- Return to starting position. Repeat.
- Complete one set, then work the other leg.

Repeat: 6 to 8 times with each leg.

GETTING STRONGER

If exercises hurt, **STOP!** Slow down and do not push past your comfort level. If in doubt, check with your healthcare provider about what you should and shouldn't do.

Strength building exercises should be increased only as you feel able. Expect some soreness because you are using muscles that have been taking it easy for a long time! Slowly increase frequency, repetitions, and weights (if you are using them) gradually over time. Any exercise done sitting down, can be done standing up.

Squats—A great exercise for strengthening hips, thighs, and buttocks. Before long, you'll find that walking, jogging, and climbing stairs are a snap!



1. In front of a sturdy, armless chair, stand with feet slightly more than shoulder-width apart. Extend your arms out so they are parallel to the ground and lean forward a little at the hips.
2. Making sure that your knees NEVER come forward past your toes, lower yourself in a slow, controlled motion, to a count of four, until you reach a near-sitting position.
3. Pause. Then, to a count of two, slowly rise back up to a standing position. Keep your knees over your ankles and your back straight.
4. Repeat 10 times for one set. Rest for one to two minutes. Then complete a second set of 10 repetitions.

Note 1: If this exercise is too difficult, start off by using your hands for assistance. If you are unable to go all the way down, place a couple of pillows on the chair or only squat down four to six inches.

Note 2: Placing your weight more on your heels than on the balls or toes of your feet can help keep your knees from moving forward past your toes. It will also help to use the muscles of your hips more during the rise to a standing position.

Make sure you: Don't sit down too quickly or lean your weight too far forward or onto your toes when standing up.

Biceps Curl

1. With a dumbbell in each hand, stand or sit in an armless chair, with feet shoulder-width apart, arms at your sides, and palms facing your thighs.
2. To a count of two, slowly lift up the weights so that your forearms rotate and palms face in toward your shoulders, while keeping your upper arms and elbows close to your side—as if you had a newspaper tucked beneath your arm. Keep your wrists straight and dumbbells parallel to the floor.
3. Pause. Then, to a count of four, slowly lower the dumbbells back toward your thighs, rotating your forearms so that your arms are again at your sides, with palms facing your thighs.
4. Repeat 10 times for one set. Rest for one to two minutes. Then complete a second set of 10 repetitions.



Make sure you: Don't let your elbows move away from the sides of your body and keep your wrists straight.

Step Ups—Step Ups will improve balance and build strength in your legs, hips, and buttocks.

1. Stand alongside the handrail at the bottom of a staircase. With your feet flat and toes facing forward, put your right foot on the first step.
2. Holding the handrail for balance, to a count of two, straighten your right leg to lift up your left leg slowly until it reaches the first step. As you're lifting yourself up, make sure that your right knee stays straight and does not move forward past your ankle. Let your left foot tap the first step near your right foot.
3. Pause. Then, using your right leg to support your weight, to a count of four, slowly lower your left foot back to the floor.
4. Repeat 10 times with the right leg and 10 times with the left leg for one set. Rest for one to two minutes. Then complete a second set of 10 repetitions with each leg.



Make sure you: Don't let your back leg do the work. Don't let momentum do the work. Press your weight through the heel rather than ball or toes on the foot of your front leg as you lift.

Overhead Press—This exercise targets several muscles in the arms, upper back, and shoulders. It can also help firm the back of your upper arms.

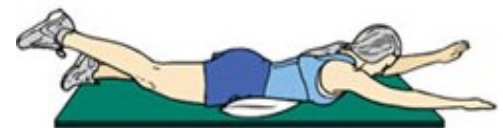
1. Stand or sit in an armless chair with feet shoulder-width apart. With a dumbbell in each hand, raise your hands, palms facing forward, until the dumbbells are level with your shoulders and parallel to the floor.
2. To a count of two, slowly push the dumbbells up over your head until your arms are fully extended—but don't lock your elbows.
3. Pause. Then, to a count of four, slowly lower the dumbbells back to shoulder level, bringing your elbows down close to your sides.
4. Repeat 10 times for one set. Rest for one to two minutes. Then complete a second set of 10 repetitions.



Make sure you: Keep your wrists straight and don't lock your elbows. Don't let the dumbbells move too far in front of your body or behind it. Breathe throughout the exercise.

Floor Back Extension -If you suffer from lower back pain, weak abdominal muscles may be to blame. The floor back extension will strengthen these muscles and ease back pain.

1. Lie on the floor facedown, with two pillows under your hips. Extend your arms straight overhead on the floor.
1. To a count of two, slowly lift your right arm and left leg off the floor, keeping them at the same level.
2. Pause. Then, to a count of four, slowly lower your arm and leg back to the floor.
3. Repeat 10 times for one set, and then switch to left arm with right leg for another 10 repetitions.
4. Rest for a minute or two. Then complete a second set of 10 repetitions.



Make sure you: Keep your head, neck, and back in a straight line.

Source: Centers for Disease Control and Prevention, www.cdc.gov/physicalactivity/growingstronger/exercises

Don't let lack of equipment, weather, or gym memberships keep you from reaching your goal of increasing physical activity and losing weight!
DVDs and TV exercise programs are both great ways to increase activity.
Public libraries have DVDs and videos for borrowing - free!

Optional:

Reflection and Test your Knowledge questions.



Reflection: After reviewing this week's lesson, think about the topic discussed and how it relates to you

1. Do you do any flexibility workouts like yoga, etc?
2. Do you think you could safely increase the intensity of your workout?
3. After reviewing the activity tips do you believe any of them can encourage you to do more?

Test your knowledge

1. What are some ways you can measure your workout intensity?
2. Name the 3 levels of intensity?
3. What are some benefits of physical activity?

Tip: You should work hard enough to challenge your body but not overexert yourself.

**Do you have any specific questions or need advice?
Click the button below to "Ask the Dietitian"**

