

## **The road ahead**

Now that you know physical activity need not be overly strenuous to be beneficial, it's time to get started. To insure that you're able to stick with exercise, choose activities you enjoy that can easily become part of your routine.

Begin slowly, giving the body time to adjust, and work up to the desired amount and intensity. If you have any chronic health problems, or are at risk for any (e.g., heart disease, diabetes, obesity), consult with your physician before starting any activity.

## **Examples of moderate amounts of activity**

- Washing and waxing a car for 45-60 minutes
- Washing windows or floors for 45-60 minutes
- Playing volleyball for 45 minutes
- Playing touch football for 30-45 minutes
- Gardening for 30-45 minutes
- Wheeling self in wheelchair for 30-40 minutes
- Walking 1 3/4 miles in 35 minutes (20 min/mile)
- Basketball (shooting baskets) for 30 minutes
- Bicycling 5 miles in 30 minutes
- Dancing fast (social) for 30 minutes
- Pushing a stroller 1 1/2 miles in 30 minutes
- Raking leaves for 30 minutes
- Walking 2 miles in 30 minutes (15 min/mile)
- Water aerobics for 30 minutes
- Swimming laps for 20 minutes
- Wheelchair basketball for 20 minutes
- Basketball (playing a game) for 15-20 minutes
- Bicycling 4 miles in 15 minutes
- Jumping rope for 15 minutes
- Running 1 1/2 miles in 15 minutes (10 min/mile)
- Shoveling snow for 15 minutes
- Stairwalking for 15 minutes

*Reprinted from the Surgeon General's Report on Physical Activity and Health*