

Walk-a-Weigh

Increasing Lifestyle Activity

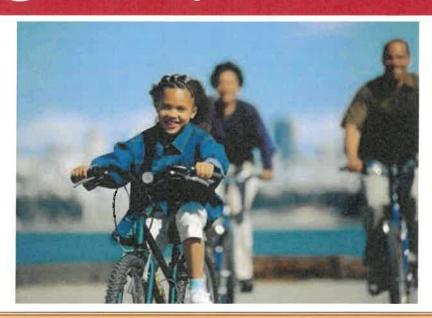
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EXTENSION

Gradually increase your activity to prevent soreness.

You'll be more likely to continue.

Contact your local office at

Henry County
Extension
97 Lake Dow Rd
McDonough, GA
30252
770-288-8421



Benefits of Activity

- More energy and improved mood
- Reduced stress and depression
- Firmer muscles and less body fat
- Weight control
- Less risk for chronic diseases like diabetes, high blood pressure, heart disease and arthritis.



Plan and perform moderate activity throughout the day

Goal

Prevent Chronic Disease Weight Control -Adult Weight Maintenance—Adult Fitness - Child

How Much Is Enough?

At least 30 minutes At least 60 minutes 60 -90 minutes 60 minutes

BE MORE ACTIVE AT HOME

- Walk your dog instead of letting him

 Get up and be active during TV ads. out in the yard.
- piling things on the bottom step to take up all at once later.
- work and home maintenance.

- Make several trips upstairs instead Get up from your computer and walk for a few minutes every hour.
- Do your own housework, yard Walk briskly around your neighborhood (3-4 miles per hour)



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BE MORE ACTIVE AT WORK

- Park farther way so you can do a 10 minute walk to work.
- Take the stairs instead of the elevator.
- Get up from your desk and move around every 30-60 minutes.
- Stand up when you talk on the phone.
- Take a short walk during breaks and lunch.
- Do desk yoga to stretch.
- Walk into a restaurant and bank. Skip the drive through.





Be More Active During Leisure Time

- Plan hikes, bike rides, dancing and visits to parks, the zoo and museums.
- Join a walking or hiking club.
- * Take up a new sport.
- Take water aerobics, yoga, tai chi or Zumba.
- Play soccer, kick ball, badminton, or volley ball with family.
