



Walk-a-Weigh

Increasing Lifestyle Activity

BROUGHT TO
YOU BY THE
UNIVERSITY OF
GEORGIA
COOPERATIVE
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	How Much Is Enough?
Prevent Chronic Disease	At least 30 minutes
Weight Control –Adult	At least 60 minutes
Weight Maintenance—Adult	60 –90 minutes
Fitness – Child	60 minutes

BE MORE ACTIVE AT HOME

- Walk your dog instead of letting him out in the yard.
- Make several trips upstairs instead piling things on the bottom step to take up all at once later.
- Do your own housework, yard work and home maintenance.
- Get up and be active during TV ads.
- Get up from your computer and walk for a few minutes every hour.
- 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.*

