WHAT IS PHYSICAL ACTIVITY?

Exercise can include:

Walking  Riding a horse  Cleaning

Also: Running, Lifting Weights, Lifting hay bales, Riding a bike, Gardening, Cleaning, Climbing, Sheep herding, Yoga, Dancing

Any many other activities!

If you're moving, you're doing physical activity.

REFERENCES


Normal Feelings During Exercise:

Increase in temperature (sweating)  Increased breathing  Increased beating of the heart

Also: Muscle Fatigue

Abnormal Feelings During Exercise:

Dizziness, confusion, nausea, loss of control of body movements, chest pain, sharp feelings in the joints or muscles, no change in temperature, Numbness or tingling in the arms and/or legs, unable to catch breath. Call your doctor if you have any of these abnormal feelings.

WHY EXERCISE?

Benefits & Overcoming Barriers to a Healthier You

RESTORING BALANCE

Funded by: The National Cancer Institute

In partnership with: The Partnership for Native American Cancer Prevention, Northern Arizona University, University of Arizona Cancer Center
**Benefits of Exercise**

Weight loss

Increases “good cholesterol”, decreases “bad cholesterol”

Prevents Disease

Decrease in risk of:
- Cancer (several types)
- Depression
- Arthritis
- Stroke
- Heart attack
- Falling
- Diabetes
- Acute illness

**Benefits of Exercise for Cancer**

Reduces:
- Risk of colon, breast, lung, prostate, and endometrial cancers
- Cancer-related fatigue

Maintains:
- Healthy bones
- Muscles
- Joints

**Common Barriers to Exercise**

- No Transportation
- No time, Too busy
- Don’t know how to exercise

**CDC Exercise Recommendations**

- Avoid inactivity!
  - Some activity is better than none; any gives some health benefits

- Do 2 hrs 30 min/wk of moderate-intensity, or 1 hr 15 min/wk of vigorous-intensity aerobic activity

- For more health benefits, increase aerobic physical activity to 5 hrs/wk of moderate-intensity, or 2 hrs 30 min/wk of vigorous intensity aerobic physical activity

- More exercise gives more health benefits

**Moderate-intensity exercise includes:**
- Biking <10 mph
- Brisk walking
- Roofing / Painting

**Vigorous-intensity exercise includes:**
- Jogging/Running
- Basketball
- Soccer

- Biking >10mph
- Swimming Laps
- Weight Lifting

**Perform aerobic exercise in episodes of at least 10 min & spread it through the week**

**Do muscle-strengthening activities (such as lifting weights) 2 or more days/wk**

**How to Overcome These Barriers**

- Bring family with you to your exercise session.
- Exercise with someone (relative or friend),
- Exercise is good for you. Learn the benefits from your trainer.
- Do the home exercises your trainer gives you each week.
- Make good use of your time. Do your exercise when talking to friends and family. Get the grand kids to do them with you.
- Walk more. Drive less.
- Get your family and friends to help you exercise.
- Make exercise part of your everyday routine.

Being inactive (watching TV, sitting around) increases risk of death