

SIMPLE STEPS TO GET FIT

The science on physical activity is clear. The World Health Organization has identified physical inactivity (lack of physical activity) as the fourth leading risk factor for global mortality. Physical inactivity is estimated to be the main cause for approximately 21–25% of breast and colon cancers, 27% of diabetes and approximately 30% of heart disease. The good news is getting fit doesn't have to be hard or take a lot of time.

1 CORE PRINCIPLES

- Movement is vital for a person to maintain a healthy well-being. Regular physical activity has been shown to help to improve muscular and cardiorespiratory fitness, improve bone health, reduce the risk of heart disease, several types of cancer, depression, falls, and improve energy levels and weight management.
- Physical activity, according to the Centers for Disease Control, is anything that gets the body moving. So you don't have to "exercise" to be fit!
- Adults and older adults should engage in 150 minutes of moderate-intensity or 75 minutes of vigorous-intensity physical activity weekly.

2 WHAT CAN I DO TO GET FIT?

- For additional health benefits exercise up to 300 minutes of moderate-intensity activity per week.
- For weight loss, you may need to add more than 300 minutes of activity.
- Children and adolescents aged 5-17 years should get at least 60 minutes of moderate to vigorous intensity of physical activity daily and strength training at least 3x/week.
- Muscle strengthening activities - Do 2 or more days a week targeting all major muscle groups.
- If you have poor mobility you should perform exercise to improve balance or prevent falls, 3 or more days a week.



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PHYSICAL THERAPY

Courtesy of New Life Physical Therapy
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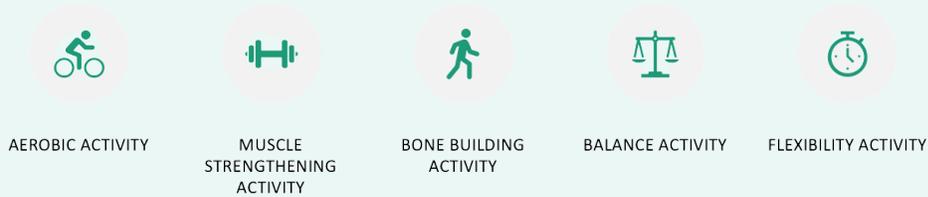


According to the 2018 Physical Activity Guidelines for Americans, 2nd edition, adults need to do two types of physical activity each week to improve their health— aerobic activity and muscle strengthening.



As part of their weekly physical activity, adults aged 65 and older should do multicomponent physical activity that also includes balance training as well as aerobic and muscle strengthening activities.

3 WHAT KIND OF ACTIVITY IS BEST?



- Make sure you include all the activity types.
- Moderate-intensity activity means being able to "talk but not sing" during activity.
- Types of moderate-intensity activity include brisk walking, water aerobics, biking on flat ground, tennis or badminton doubles, gardening, ballroom dancing, but can also include housekeeping, childcare, or other type of vocational activity.
- Vigorous-intensity activity is not being able to say more than a few words during activity.
- Types of vigorous-intensity include race-walking, jogging, running, swimming laps, jumping rope, heavy gardening or other heavy household or vocational work.
- Activities that are multi-modal save you time and money. Yoga is an example of a multi-modal activity. Under the right instruction, yoga can address all of the categories of activity in the graphic above. We prefer to teach Medical Therapeutic Yoga, because it combines therapeutic approaches with evidence-informed yoga.

4 CAN YOGA BE A TOTAL BODY WORKOUT?

- The simple answer is: yes.
- A regular practice of yoga has been shown to:
 - Improve discipline, self-control, stress, anxiety, depression, and emotional health
 - Improve chronic pain
 - Reduce fall risk and improve balance
 - Improve flexibility, strength, mobility, and functional fitness
 - Foster healthier eating habits
 - Improve health-related quality of life & well-being
 - Tackle difficult problems like PTSD and chronic pain
- Mindfulness-based exercise are more beneficial than standard exercise alone.
- Through breath and postures combined with mindfulness, yoga can help a person to better achieve their specific fitness goals, help to maintain a consistent level of motivation, and foster a life of living well.



To get started:

- Sign up for the **FREE MEDICAL THERAPEUTIC YOGA VIDEO LIBRARY** at IntegrativeLifestyleMed.com
- Find more free resources from therapists & doctors who are trained in prescriptive yoga and lifestyle medicine.



References - Over 24 scientific references were used to create this educational handout. Learn more at IntegrativeLifestyleMedicine.com