

Tips to a safe and successful physical activity program

- Check with your health care provider to see what kind of physical activity is right for you
- Start slowly and gradually add more physical activity into your day every day.
- Set goals: Short-term goals can lead to long-term achievements.
- Choose a variety of physical activities to help you meet your goals.
- Wear comfortable shoes and clothes that are appropriate for the physical activity you will be doing.
- Stop if you experience chest discomfort, pain, dizziness, severe headache, or other unusual symptoms while doing in physical activity, and tell your health care provider.



About Us

The **Texas Obesity Research Center** promotes interdisciplinary research, education and training and fosters local community collaborations to develop state-of-the-art Obesity Prevention and Control methodologies through cross sectional and longitudinal research investigating psychosocial, environmental and biologic determinants of obesity and its consequences.

For more information about the Texas Obesity Research Center contact:

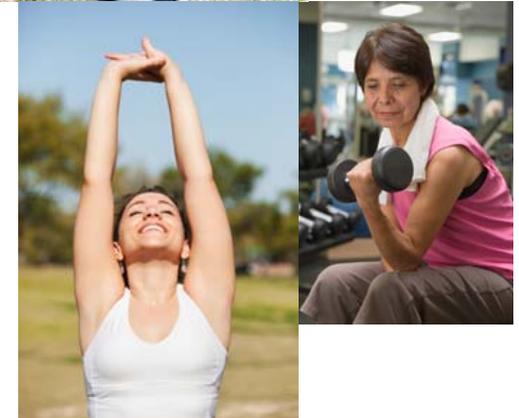
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Physical Activity for Good Health



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The Importance of Exercise

Exercise can offer health benefits such as:

- ✓ Helps keep bones, muscles, and joints healthy
- ✓ Builds lean muscle and reduce body fat
- ✓ Lowering blood pressure
- ✓ Increased metabolism
- ✓ Improved energy and mood



Burning More Calories per Mile

- ✓ **Racewalk:** Speeds faster than 13-minute mile rate help you burn more calories per mile, use more muscle groups, and build muscle.
- ✓ **Use Walking Poles:** Fitness walking poles such as Nordic Walker, Exerstrider sticks or Leki poles are an option for those who cannot walk fast and want to burn more calories per mile.

Consistency is the key to beneficial physical activity.

Every day counts!



What is Recommended?

Make it your goal to do at least 30 minutes of moderate or greater intensity physical activity on most days of the week.

In order to lose and keep off extra weight, you may need to be physically active for 60-90 minutes a day.



Stretching is Important

- ✓ Stretch before and after you exercise
- ✓ Stretching before you exercise decreases the chance of injury and muscle soreness and increases your performance.
- ✓ Warm up for a few minutes with a slow walk, then stretch your hamstrings, ankles, calves, and groin.



Moderate vs. Vigorous Physical Activity

Moderate-intensity exercise increases breathing and heart rates. You should work up a sweat, but still be able to hold a conversation during this kind of exercise.

- ✓ Walking briskly
- ✓ Gardening or yard work
- ✓ Dancing
- ✓ Tennis, racquetball

Vigorous-intensity exercise refers greatly increases breathing and heart rates. It is substantially difficult for you to hold a conversation during this type of exercise.

- ✓ Jogging/Running, swimming
- ✓ Bicycling, aerobics
- ✓ Soccer, basketball

Tips for increasing Daily Activity

- ✓ Park farther from the entrance when you visit the store
- ✓ Walk with a friend or pet
- ✓ Take 2 or 3 short walking breaks at work each day
- ✓ Take the stairs instead of the elevator

Please talk with your doctor before starting vigorous physical activity.