Exercise 30 Minutes Daily

CHALLENGE
Be active
30 minutes
a day.

Requirements to complete this HEALTH CHALLENGE™

1. Read "Exercise 30 Minutes Daily."
2. To complete the challenge, exercise 30 minutes on at least 22 days this month.
3. Keep a record of your completed challenge in case your organization requires documentation.

"I don't have time."

It's the most common excuse people make for not exercising, according to a time management survey by the U.S. Department of Labor. But even in our time-crunched, wifi-connected world, and amid all the commitments of work, home and other things, most people can find 30 minutes a day to exercise. It's important to do so. Research shows that the more physically active you are, the lower your risk of early death from all causes.

Only about 5 percent of adults do any vigorous physical activity. And just 25 percent do any moderate physical activity. It's one reason weight gain and obesity are such big problems. About 68 percent of all adults in the United States are overweight or obese. Yet, just 30 minutes of exercise a day can help you manage your weight and reduce your risk for many chronic diseases.

Be Smart When You Start

Increasing physical activity is very safe for most people. If you haven't been active for some time, be smart about starting an exercise program. You don't want to get injured or lose interest from too much exercise. If you're new to exercise, start with walking 5 to 10 minutes at a time. As your fitness improves, try to add more vigorous physical activities to your workouts.

Go From Fat to Fit

Personal trainer Drew Manning got tired of people using lack of time as an excuse to avoid making an effort to change.

So he ate junk food and sat around watching TV for six months. That's all it took for him to gain 70 pounds and prove a point: Daily exercise and a healthy diet are essential for weight management and good health. When he reached 263 pounds, he returned to eating healthy and exercising 45 to 60 minutes daily. And he lost every pound of excess fat in six months.

Physical activity improves your body composition. It helps reduce excess body fat. It also builds muscle mass. And this improves your body's ability to burn more calories instead of storing them as fat. But the benefits don't stop there. Research shows that regular physical activity also:

✔ Lowers bad cholesterol levels and raises good cholesterol levels.
✔ Lowers blood pressure by strengthening your heart and improving blood flow.
✔ Improves bone density, which can prevent bone loss and fractures.
✔ Increases muscular strength and flexibility, which are important as you age.
✔ Improves your mood and ability to manage stress.

Take the Physical Activity Quiz

How much do you know about the health benefits of exercise? Take this quiz to find out.

	T	F	
1.	☐	☐	You must exercise at least 30 minutes at a time to achieve any health benefits from exercise.
2.	☐	☐	Regular physical activity improves bone density, which can prevent bone loss and fractures.
3.	☐	☐	Exercising increases your metabolism during and after your workout.
4.	☐	☐	Recording your exercise makes no difference in the likelihood of reaching your goal.
5.	☐	☐	Only activities like walking, jogging, and running, count as exercise.

1. False. 2. True. 3. True. 4. False. 5. False.

If you answered any of these statements incorrectly, you may benefit from learning more about exercise. Everyone should be active for at least 30 minutes a day. Several 10-minutes sessions are just as effective. There are many ways to exercise and be more active. And tracking your progress can help you achieve your wellness goals.

- ✔ Improves your ability to sleep well.
- ✔ Increases your metabolism, both during and after your workout.
- ✔ Reduces your risk of obesity.
- ✔ Reduces total body fat, specifically in and around the abdominal organs.

Make Time to Exercise

The American College of Sports Medicine recommends at least 30 minutes of moderate intensity physical activity at least five days a week. Or 20 minutes of vigorous intensity physical activity at least three days a week. You should also include strength training (such as curl-ups, push-ups, and weight lifting) at least twice a week.

But you don't have to do all your exercise at once to get the benefits. A recent study found that three 10-minute exercise sessions in a day were more effective for managing blood pressure than one 30-minute session. And other studies have also found that short exercise sessions throughout the day can help people lower cholesterol levels, lose weight, and improve other health risk factors.

6 Easy Ways to Burn 100 Calories

1. Walk for 30 minutes at a 3 mph rate.
2. Jog for 10 minutes at a 5-6 mph rate.
3. Swim for 20 minutes.
4. Bicycle at an easy pace for 20 minutes.
5. Do aerobic exercise to music for 15 minutes.
6. Do vigorous gardening for 30 minutes.

Get Moving

Here are some popular ways people enjoy exercising:

- Walking
- Swimming
- Water aerobics
- Cycling
- Running
- Hiking
- Martial Arts
- Aerobics
- Zumba
- Yoga
- Weight lifting
- Strength training
- Team sports (such as volleyball, basketball, and soccer)
- Each exercise session should include a warm-up, your choice of physical activity, and cool-down.

Choose Activities You Enjoy

Pick exercise activities that you enjoy. If walking or jogging doesn't interest you, try swimming or cycling. Doing what you like will keep you interested in being active. You can also try new activities with the help of a smartphone app, personal trainer, or someone with more experience.

Try these smartphone apps

These apps were featured in the U.S. Surgeon General's Healthy App Challenge:

- Fit Friendzy Exercise Challenge App – **http://tinyurl.com/l5xwftq**
- Mobile Adventure Walks – **http://tinyurl.com/nyxz63d**
- Nexercise – **http://tinyurl.com/7p5fcjr**

Set a Goal. Track Your Progress.

Set a goal to lose weight, complete a race, or exercise 30 minutes a day. And be sure to track your efforts. You'll be amazed at the progress you make. And you'll get healthier one step at a time.

Be Active Throughout the Day

If you don't have 30 minute to commit to a workout, you can exercise and be active throughout the day. Any exercise is better than no exercise. Here are just a few ways to be more active:

At Work
- ✔ Take the stairs.
- ✔ Hold a meeting with co-workers on a walk.
- ✔ Walk to give a co-worker a message instead of calling or sending an email.
- ✔ Replace your office chair with a stability ball.

At Home
- ✔ Walk your dog, instead of paying someone to do it for you.
- ✔ Stand up and jog in place or do push-ups or curl-ups during commercials.
- ✔ Complete all your household chores as fast as you can.
- ✔ Dust off that fitness equipment that's been sitting in the garage (bike, treadmill, weight set).

On the Go

- ✔ Instead of looking for the closest spot, park far away when you go to the store.
- ✔ Turn shopping into a race, and find your items as fast as possible.
- ✔ Lift your gallon of milk or laundry detergent a few times before you drop it in your shopping cart. Do the same before putting it away at home.

Sources: American College of Sports Medicine.; Centers for Disease Control and Prevention.; Journal of Medicine and Science in Sports and Exercise.; U.S. Department of Labor.; Weight Management for Life, by Beverly Hall, DrPH, RN, HFS.

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Instructions

1. Post this calendar where you will see it daily (bathroom, kitchen, bedroom, etc.).
2. Record the number of days you exercise at least 30 minutes.
3. Use the calendar to record the actions and choices you make to help exercising become a regular part of your life.
4. At the end of the month, total the number of days you exercised at least 30 minutes. You must do this on at least 22 days this month to complete the challenge. Then keep up this practice for a lifetime of best health.

MONTH:					HC = Health Challenge™	ex. min. = exercise minutes	
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	Weight & weekly summary
HC ex. min._____	HC ex. min._____	HC ex. min._____	HC ex. min._____	HC ex. min._____	HC ex. min._____	HC ex. min._____	
HC ex. min._____	HC ex. min._____	HC ex. min._____	HC ex. min._____	HC ex. min._____	HC ex. min._____	HC ex. min._____	
HC ex. min._____	HC ex. min._____	HC ex. min._____	HC ex. min._____	HC ex. min._____	HC ex. min._____	HC ex. min._____	
HC ex. min._____	HC ex. min._____	HC ex. min._____	HC ex. min._____	HC ex. min._____	HC ex. min._____	HC ex. min._____	
HC ex. min._____	HC ex. min._____	HC ex. min._____	HC ex. min._____	HC ex. min._____	HC ex. min._____	HC ex. min._____	

_____ Number of days this month I exercised at least 30 minutes

Other wellness projects completed this month:

_____

_____

Name _____ Date _____