



PUT YOUR HEART INTO IT

Mention cardiovascular activity and most folks know to what you are referring. It's the kind of exercise that gets your heart pumping, your body temperature rising and your breathing rate elevated.

Brisk walking, swimming, bicycling and step aerobics are examples of cardiovascular or aerobic activity. Pushing a lawn mower, taking a dance class or walking the golf course also qualify. All kinds of activities count as long as you are doing them for at least ten minutes at a time.

MODERATE VS. VIGOROUS

How hard you perform the exercise is known as the intensity. And the intensity you chose will help determine how long and how often you need to exercise to receive maximal benefits.

Moderate-intensity aerobic activity means you're working hard enough to raise your heart rate and break a sweat. One way to tell is that you'll be able to talk, but not sing the words to your favorite song.

On the other hand, vigorous aerobic activity means you're breathing hard and fast, and your heart rate has gone up quite a bit. If you're working at this level, you won't be able to say more than a few words without pausing for a breath.

You can do moderate- or vigorous-intensity aerobic activity, or a mix of the two each week. A rule of thumb is that 1 minute of vigorous-intensity activity is about the same as 2 minutes of moderate-intensity activity.

Some people like to do vigorous types of activity because it gives them about the same health benefits in half the time. If you haven't been very active lately, increase your activity level slowly. You need to feel comfortable doing moderate-intensity activities before you move on to more vigorous ones. The guidelines are about doing physical activity that is right for you.

HOW MUCH IS ENOUGH?

Adults should do a minimum of:

- 2 hours and 30 minutes (150 minutes) per week of moderate intensity (like brisk walking, bicycling without hills, or doing water aerobics) aerobic activity.

OR

- 1 hour and 15 minutes (75 minutes) of vigorous intensity aerobic exercise each week. Examples might include running, participating in a cycling class, or playing basketball.

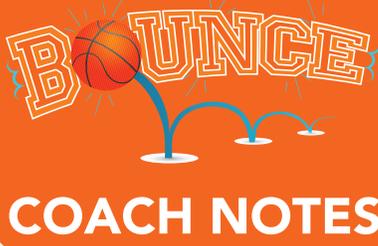
More time equals more health benefits. If you go beyond 150 minutes a week of moderate-intensity activity, or 75 minutes a week of vigorous-intensity activity, you'll gain even more health benefits.

Aim for the following to reap a larger number of benefits:

- 5 hours (300 minutes) of moderate intensity cardio activity weekly.

OR

- 2 hours and 30 minutes (150 minutes) of vigorous cardio activity weekly.



FINDING YOUR FIT

Making the decision to make physical activity a part of your daily life can be, quite literally, life changing. As such, it's important you give thought to which activities match with your lifestyle, your wants and your needs. It's important to identify physical activities that you enjoy as you are more likely to abandon a healthy lifestyle change if your chosen activity doesn't suit your preferences or lifestyle.

Before beginning any structured physical activity program, you should see your doctor for advice, support and a medical check-up. This is particularly important if you are over 40 years, overweight, haven't exercised in a long time or suffer from a chronic medical condition.

This screening may assist you in identifying appropriate activities, especially if you have medical conditions that may put you at a higher risk of experiencing a health problem during physical activity. This 'safety net' provides you the opportunity to discuss with your health care provider the potential benefits of exercise vs. the risks for you. Once this screen is complete, you can begin to narrow down the physical activity program that fits your lifestyle best.

WHAT'S YOUR STYLE

Are you the type that enjoys structured, coordinated activities, or do you prefer to workout spur-of-the-moment? Do you want to workout alone, with a buddy or in a group? Consider these issues when identifying your style:

- **Working Out Alone:** This is a good option if your busy schedule prevents you from planning a regular time to be active every day. However, unless you are self-motivated, you may find yourself putting off physical activity and never doing it.
- **Working Out With a Buddy:** You may be more likely to commit to a physical activity routine if you are doing it with someone else, because you don't want to let your training buddy down.
- **Working Out With a Team or Group:** Organized activities offer the chance to widen your social circle. However, training sessions can also demand a lot of your time.
- **Mixing It Up:** Some people like to combine two or three options. For example, you may choose to exercise alone on two or three days of the week, and train with a buddy or participate in a team sport on a couple of the other days. Variety helps prevent boredom.

While any type of physical activity is good for you, different physical activities offer different results. Deciding your health goals will steer you towards the right intensity of activity for you. For example, weight-bearing activities such as walking, running, weight training or cycling are good choices for weight management because they help burn calories.

TIPS TO HELP YOU CHOOSE THE RIGHT PHYSICAL ACTIVITY

Try to choose an activity you enjoy and that suits your lifestyle. Keep these tips in mind:

- Be cautious of outdoor activity if you are bothered by weather extremes.
- Pick an activity you will enjoy not simply one that is "good for you."
- Think back. Did you enjoy a particular physical activity as a child, such as cycling or basketball? If so, give that activity another go.
- Keep your budget in mind. Some physical activities, such as skiing or sailing, can require a big financial investment. Decide whether you can afford expensive equipment.
- Be realistic about your current health and level of fitness. If you are a beginner, the physical demands of certain activities (such as running) may be too much at first. Choose a gentler alternative and work your way up.
- Choose at least a couple of activities to help keep you interested. You may get bored and lose motivation if you stick to only one form of physical activity.
- Regularly give thought to your current routine and consider adding variety when possible.



SKIPPING THE SUGAR

Soft drinks and other sugar-sweetened beverages are the primary source of added sugars in the American diet. Added sugars add calories to drinks but few or no nutrients. For this reason, the calories from added sugars are often called empty calories.

- Added sugars are sugars and syrups that are added when beverages are processed or prepared.
- Added sugars can make a beverage more appealing, but they also can add a lot of calories. The average American consumes 22 teaspoons of added sugar, or 355 calories per day, of added sugars, mostly from sugar-sweetened beverages.
- Substituting water for sugary drinks helps reduce your intake of added sugars and excess calories.

HOW DO I GET STARTED?

Many beverages contain added sugars. Sodas, energy drinks, sports drinks, and fruit drinks are the primary beverage sources for added sugars for Americans. Make it a habit to review the ingredient list of your favorite beverages. This will allow you to quickly and easily identify those beverages that have sugar added to them.

Following are names for added sugars. If you spot one of these on an ingredient list, you can be certain that the drink contains added sugars.

Agave nectar	Brown sugar	Cane crystals	Cane sugar
Corn sweetener	Corn syrup	Crystalline fructose	Dextrose
Evaporated cane juice	Fructose	Fruit juice concentrates	Glucose
High-fructose corn syrup	Honey	Invert sugar	Lactose
Maltose	Malt syrup	Molasses	Raw sugar
Sucrose	Sugar	Syrup	

Aim for substituting water in place of sugary drinks most of the time. If you are exercising continuously for more than 45 minutes, consider a sports drink to provide fuel and fluid to your body.