

Your Guide to Physical Activity



Regular physical active helps you to
Feel better
Look better, and
It improves your health



Simple activity such as garden or walking can reduce your risk of heart disease, high blood pressure, high cholesterol, and diabetes.

What do others seniors say about exercising?

"Exercise and taking good care of ourselves are important parts of our daily life. We stretch, and walk 30 -60 minutes everyday to stay fit for the years ahead."

"I think exercise is extremely important. Whenever I feel stressed out I take a long walk. I return home feeling much better."

"My doctor noticed my blood pressure was a little high. Since then, I have been exercising every day. I have lost weight, and my blood pressure is within a normal range now."

“When I realized that I didn’t have the energy to play with my grandchildren, I began doing stretching exercises every morning. Now I have joined a swimming class, I walk most days, and I have begun to see the benefits.”

One year ago I was overweight. My doctor told me that if I didn’t lose weight was going to develop high blood pressure, high cholesterol, and diabetes. Once I realized that I have the power to improve my health, I started eating better and going to a gym Monday through Friday. Now I feel younger, happier and I have lost 20 pounds.

More benefits of exercising



I exercise because I know that staying active:

- May help to prevent cancer of the breast, uterus, and colon
- Strengthens my lungs and helps them to work more efficiently
- Tones and strengthens my muscles
- Builds stamina
- Keeps your joints in good condition
- Improves balance
- May reduce bone loss, and arthritis
- Gives me more energy
- Helps me relax and cope better with stress
- Enables me to build confidence
- Allows me to fall asleep more quickly and more soundly
- Improves my overall health

Think of an activity that you enjoy doing, below is a sample:

Moderate Activity	Vigorous Activity
Bicycling (less than 10 mph)	Aerobic dancing

Downhill skiing	Basketball
Dancing	Bicycling (more than 10 mph)
Gardening	Cross-country skiing
Golf (on foot)	Hiking (uphill)
Hiking (flat ground)	Ice hockey/field hockey
Horseback riding	Jogging/running
Roller skating/ice skating	Jumping rope
Softball	Soccer
Swimming	Stair climbing
Tennis (doubles)	Tennis (single)
Walking moderately (3.5mph)	Walking briskly (4. mph)
Weight lifting (moderate effort)	Weight lifting (vigorous effort)
Yard work (light)	Yard work (heavy)

For more information, contact GEMCare Health Education Program at 661-616-3225.