Encouraging Physical Activity

If your healthcare provider has asked you to exercise, follow their advice. People who do not get enough exercise are more likely to have health problems.

What can exercise do for me?

People who are active are MORE likely to have:	People who are active are LESS likely to have:
✓ Healthier weight	✓ Heart disease and heart attack
✓ Stronger bones	✓ High blood pressure/Stroke
✓ Better sleep	✓ High cholesterol
✓ More energy	✓ Diabetes
✓ Better fitness	✓ Colon and breast cancer
✓ Better balance and lower risk of falling	✓ Depression or mental decline with aging

How much should I exercise?

- Aim for 150 to 300 minutes (2 ½ to 5 hours) of exercise per week.
- During exercise, your heart should beat faster and you should be breathing harder.
- Exercise can be broken up throughout the week.
- Each bout of exercise should be at least 10 minutes long.
- You should also do muscle-strengthening activities, such as push-ups or lifting weights, 2 or more days a week.

What if I do not exercise now? How do I get started?

- Find activities that you enjoy, like walking, swimming, biking, or hiking.
- Start with small amounts of exercise and increase slowly. Remember, every little bit helps!
  - Start with 5-10 minutes a few days per week and increase a little bit each week
  - Aim for a goal of 150 to 300 minutes total per week
- Try to be more active in your daily life. Take a walk during your lunch break, take stairs instead of an elevator, or park farther from the store and walk through the parking lot.
- Keep track of your physical activity! Keep a weekly chart of what you did each day and for how long. (See Activity Tracker Log attached.)

If you have a chronic health condition, check with your doctor before starting to exercise.

SHARP® Community Medical Group
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ACTIVITY TRACKER LOG

Name:_____ Start Date:_____ Start Weight: _____

Month 1	Type of Exercise	Sets/reps or steps/miles or minutes	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1									
Week 2									
Week 3									
Week 4									
Month 2									
Week 1									
Week 2									
Week 3									
Week 4									
Month 3									
Week 1									
Week 2									
Week 3									
Week 4									