



Exercise can help keep your body and mind healthy. It can help lower your risk of heart disease. It can also lower your risk of diabetes (too much sugar in your blood).



WHY SHOULD I EXERCISE?

Exercise can help keep your body and mind healthy. It can help lower your risk of heart disease. It can also lower your risk of diabetes. Exercise can:

- Lower “fats” in your blood like triglycerides (TGs).
- Lower your blood pressure.
- Help your body’s cells use sugar and fats.
- Make your heart and lungs more fit.
- Burn body fat, even if you don’t lose weight.

HOW MUCH EXERCISE DO I NEED?

- Try to sit less and move more each day. Some exercise is better than no exercise.
- Exercising each day is the best way to lower the fats in your blood.
- Slowly work up to 150 minutes of aerobic exercise each week. You can do this by being active for 30-60 minutes most days each week – you can do this in short bouts. More exercise is needed to lose weight.
- Try to do strength exercises 2 days each week.

WHAT KIND OF EXERCISE?

- **Aerobic exercise** is when you are moving your body and breathing harder. Your heart also pumps harder. Examples are when you walk, hike, walk-jog, bike, swim, dance, or row. Daily chores and yard work are also aerobic exercise. These exercises can improve your fitness. They also help with weight loss. Your waist size can tell you if you are at risk for health problems.
- **Strength training** is exercise that makes your muscles work harder. This kind of exercise can help build your strength and balance. It can also build stronger bones. Examples are lifting weights or using stretchy bands. You can also use your own body like push-ups, squats, and planks.
- **Stretching** helps you keep your muscles flexible. This can help lower your risk of getting hurt when you exercise. An example is stretching after you exercise. Yoga is moving your body into positions to increase fitness and flexibility, improve breathing, and relax the mind.

TIPS FOR BEING MORE ACTIVE

- You don’t need to join a gym to be more active. You only need a pair of shoes to go for a walk.
- Choose activities you can do. Choose things you like to do! Short bouts count toward your weekly goal.
- Plan ahead! Find time in your day when you can exercise. Make it an appointment for yourself.
- Build activity into your day. Use your breaks at work to do something active. Park your car in a place where you can walk more. Take the stairs instead of the elevator. Walk your dog each day.
- Take exercise classes online or in-person. A lot of community centers offer classes.
- Find friends or family who can exercise with you. Use tracking tools or apps to keep track of your progress.



WHAT IS A HEALTHY WEIGHT?

Each person has a healthy weight range.

- Body mass index (BMI) is one way to assess your body weight. It tells you if you have too much weight for your height.
- Your waist size can tell you if you are at risk for health problems. Too much fat around your belly raises your risk for diabetes. It can increase the TGs in your blood.
- Your risk for heart disease and diabetes increases if your BMI or waist size are too high.
- You can improve your health with a small weight loss – even 5-10%.

Body Mass Index
Less than 18.5kg = Underweight
18.5-24.9% = Normal Weight
30% or More = Obese

Health Risk	Waist Size (Women)	Waist Size (Men)
Lower	Less than 35 inches	Less than 40 inches
Higher	More than 35 inches	More than 40 inches