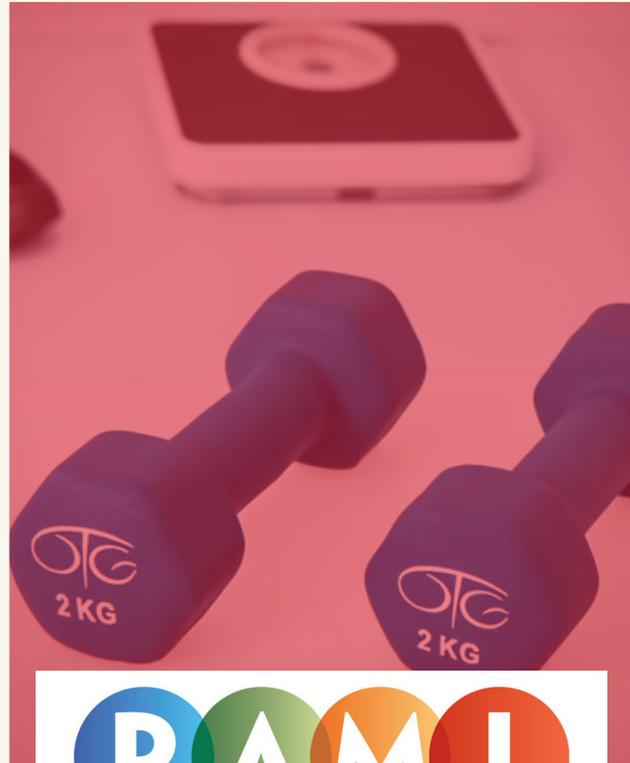


GUIDELINES FOR PHYSICAL ACTIVITY

Children and adolescents (6-17 years)

Are recommended to have at least sixty minutes of moderate-to-vigorous physical activity each day made from:

- **Aerobic Activity**
 - Most of the hour should be spent doing aerobic activities
- **Muscle Strengthening**
 - Should be incorporated at least three days per week
- **Bone Strengthening**
 - Should be incorporate at least three days per week



Contact us

For more information on PAMI visit:
<http://pami.emergency.med.jax.ufl.edu/>

Email: emresearch@jax.ufl.edu
or scan the QR Code

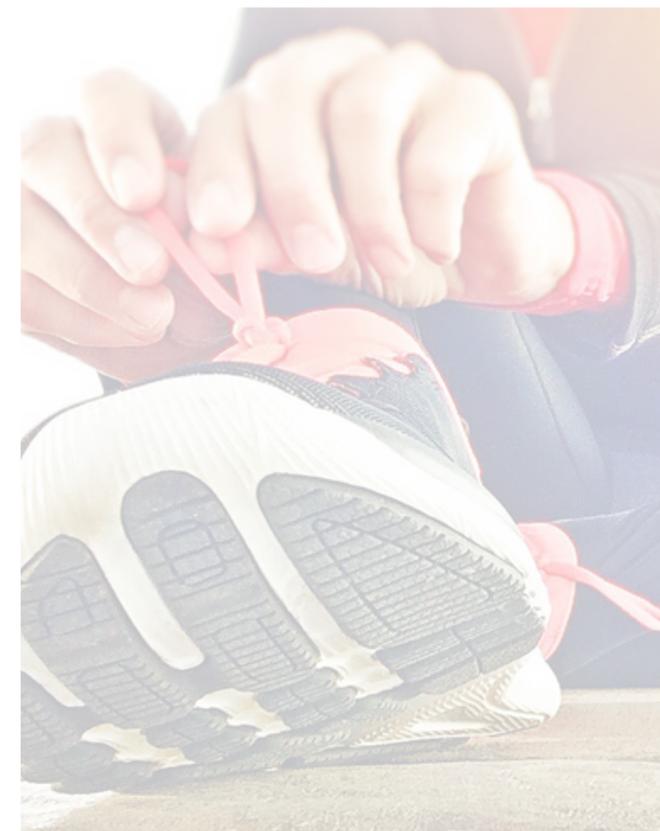


Information adapted from the Centers for Disease Control and Prevention Physical Activity Guidelines
www.cdc.gov/physicalactivity/everyone/guidelines/index.html



EXERCISE:

GETTING STARTED



Adults (18 years and older)

Are recommended to have at least 150-300 minutes of moderate intensity or 75-150 minutes of vigorous intensity aerobic physical activity per week

- **Muscle Strengthening**
 - Should be incorporated at least two days per week.
 - It is important to work all major muscle groups (legs, hips, back, abdomen, chest, shoulders and arms)



Talk to your doctor before starting any new physical activity if you have chronic health conditions, disabilities, are pregnant, or elderly.

BENEFITS OF EXERCISE

- Being active is an important part of maintaining a healthy lifestyle
- Some benefits of exercise include:
 - Strengthening of the heart and lungs
 - Maintaining a healthy weight
 - Lower blood pressure & cholesterol
 - Reduced stress and anxiety
 - Higher energy levels
 - Decreased risk of chronic diseases
 - Improved pain and function
 - Better sleep quality

TYPES OF EXERCISE

- A combination of bone and muscle strengthening, balance and flexibility activities can work together to improve your health
- **Aerobic activity** strengthens your heart, lungs and improves blood flow in your body
Examples include:
 - Brisk walking
 - Running
 - Bike riding
 - Swimming
 - Jumping rope
 - Stair climbing
 - Dancing
 - Boxing
 - Martial arts
 - Team sports
- **Muscle strengthening** keeps your muscles strong allowing them to do more work for longer periods of time
Examples include:
 - Weight lifting
 - Yoga/Pilates
 - Resistance band training
 - Pushups/pullups/situps



STARTING AN EXERCISE PROGRAM

- It is important to talk to your doctor about what types and amounts of activity are appropriate for you before changing your physical activity level as some activities may be safer for you than others depending on your health conditions
- Increase your physical activity gradually over time to meet your goals,
- Wear the appropriate clothing, shoes and safety equipment for the activities you choose to do.
- Drink water before, during, and after physical activity to avoid dehydration



BREAK DOWN BARRIERS TO GETTING STARTED

FEAR

- You might be afraid to exercise because you haven't done it in a while, but it is never too late to start!

COST

- Joining a gym may be too expensive, check with your employer or insurance company as some offer gym membership discounts

- Many activities can be done free! Rent fitness videos from your local library, walk the neighborhood with your pets or kids

TIME

- Consider making small changes to things already in your daily routine. Park farther away, take the stairs, walk/bike instead of driving to nearby places



STAY MOTIVATED

SET A GOAL

- Create small achievable checkpoints to track your success
- Having a goal to train for may motivate you, consider signing up for a race or competition
- If health concerns are your reason for exercising keep a list of how exercise improves your health

CREATE FUN AND VARIETY

- Pick an activity you enjoy
- Try new activities like sports, group classes or workout videos to make aerobic and muscle strengthening activity fun

GET OTHERS INVOLVED

- Exercise with people who motivate you
- Walk with your family or friends in your neighborhood
- Climb stairs or walk with co-workers during your lunch break
- Create teams at work or home and participate in a steps challenge

BREAK IT UP

- You can break your activity into 15 minute sessions three times a day. For example:
 - Walk for 15 minutes during your lunch break at work
 - Play outside for 15 minutes with your children after work
 - Dance to your favorite music for 15 min while cooking dinner

