

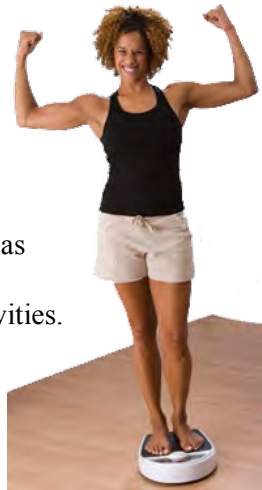
## Tips for Exercise Success

Swimming, cycling, jogging, skiing, aerobic dancing, walking or any of dozens of other activities can help your heart.

Whether it is a structured exercise program or just part of your daily routine, all exercise adds up to a healthier heart.

Here are some tips for exercise success:

- \* If you are overweight, have a high risk of coronary heart disease or other chronic health problem, see your doctor for a medical evaluation before beginning a physical activity program.
- \* Choose activities that are fun, not exhausting. Add variety, do several activities that you enjoy.
- \* Wear comfortable, properly fitted footwear and comfortable, loose-fitting clothing appropriate for the weather and the activity.
- \* Find a convenient time and place to do activities, be flexible.
- \* Use music to keep you entertained.
- \* Surround yourself with supportive people.
- \* Don't overdo it. Do low to moderate level activities, especially at first. You can slowly increase the duration and intensity of your activities as you become more fit.
- \* Keep a record of your activities. Reward yourself at special milestones. Nothing motivates like success!



*Public Health...Every day, Everywhere, Everyone*

## Clinic Locations

If you have any questions or to schedule an appointment, please call the clinic.

### Lakewood

260 S. Kipling Street, Lakewood, CO  
303-232-6301

### Arvada

6303 Wadsworth Bypass, Arvada, CO  
303-275-7500

\*Adapted from content provided by the American Heart Association website.

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## Jefferson County Public Health

Arvada

Lakewood

Edgewater

Golden

**(303) 232-6301**

[www.jeffco.us/health](http://www.jeffco.us/health)

Jan 2012

# Active Living

Lean towards a  
Healthy Lifestyle



Move More!



**Jefferson County Public Health**

**303-232-6301**

[www.jeffco.us/health](http://www.jeffco.us/health)

*Public Health...Every day, Everywhere, Everyone*

## Physical Activity in Your Daily Life

You don't have to be a sporty type to be active. Going for a walk, doing the housework or carrying the shopping are all effective. Just putting a bit more effort into everyday physical tasks is an excellent start.

### At Home

It's convenient, comfortable and safe to work out at home and it sets a good example for your children.

#### Try these tips:

- ★ Do simple household chores such as, vacuuming, sweeping, and dusting.
- ★ Work in the garden, rake leaves, prune, dig or pick up trash.
- ★ Go for a short 5-10 minute walk before breakfast, after dinner or both.
- ★ Walk or bike to the corner store instead of driving.
- ★ Pedal on a stationary bicycle or walk on a treadmill while watching TV.
- ★ Walk the dog.
- ★ Stretch to reach items in high places and squat or bend to look at items at floor level.



### At the Office

Work takes up a significant part of the day. What can you do to increase your physical activity during the work day?

#### Why not...

- ★ Stand while talking on the telephone.
- ★ Walk down the hall to speak with someone rather than using the telephone.
- ★ Take the stairs instead of the elevator. Or get off a few floors early and take the stairs the rest of the way.
- ★ Take a jump rope with you and practice on your break.
- ★ Participate in or start a sports team at your organization.
- ★ Find out if your company has a workout room. If not, consider joining a fitness center.
- ★ Get off the bus a few blocks early and walk the rest of the way to work or home.
- ★ Walk around your building for a break during the work day or during lunch.



### At Play

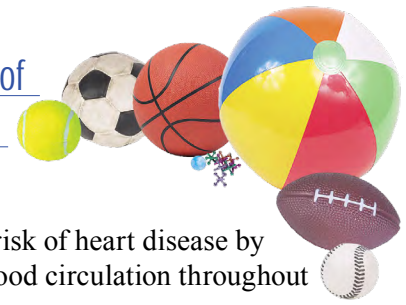
Play and recreation are important for good health.

#### To stay active try...

- ★ Planing family outings and vacations that include physical activity (hiking, backpacking, swimming, skiing, snowboarding, etc.)
- ★ Play your favorite music while exercising, and dance around the room.
- ★ Join a hiking group or other active club.
- ★ At the park, walk, run or fly a kite.
- ★ When golfing, walk instead of using a cart.
- ★ At a picnic, join in on badminton, croquet, frisbee or volleyball.
- ★ At the lake, rent a rowboat or paddleboat.



## The Benefits of Daily Physical Activity



- ★ Reduces the risk of heart disease by improving blood circulation throughout the body
- ★ Keeps weight under control
- ★ Improves blood cholesterol levels
- ★ Prevents and manages high blood pressure
- ★ Prevents bone loss and increases muscle strength
- ★ Boosts energy level
- ★ Helps manage stress, releases tension
- ★ Improves sleep
- ★ Counters anxiety and depression and increases enthusiasm and optimism



### Physical Activity Chart

The chart below shows the approximate calories spent per hour by a 150 and 200 pound person doing a particular activity.

Activity	150 lb	200 lb
Bicycling, 6 mph	240	312
Bicycling, 12 mph	410	534
Jogging, 7 mph	920	1,230
Jumping rope	750	1,000
Running 5.5 mph	660	962
Running, 10 mph	1,280	1,664
Swimming, 25 yds/min	275	358
Swimming, 50 yds/min	500	650
Tennis singles	400	535
Walking, 2 mph	240	312
Walking, 3 mph	320	416
Walking, 4.5 mph	440	572