

Feel Great IU!

Physical Activity Guide

Did you know that physical activity:













- Benefits your BRAIN and your body
- Improves SLEEP
- Helps WEIGHT maintenance
- Manages STRESS
- Improves QUALITY of life
- Improves FOCUS

Physical activity reduces your chance of:

- Type II Diabetes
- Cardiovascular Disease
- Falls, Depression, Dementia
- Joint & Back Pain
- Cancer

HOW TO FEEL GREAT ALL OVER!

Research-based guidelines recommend doing **strength, coordination & balance, and flexibility exercises 2-3 times per week**. In addition, try to get **150 minutes of moderate-intensity cardio or 75 minutes of vigorous-intensity cardio (or a combination of both) each week**. Some activity examples are below.

	Build Strength	Improve Coordination & Balance	Get Flexible	Be Active
At Home	 Bodyweight Activities	 Dance	 Gardening	 Walk the Dog (Moderate Intensity)
At the Gym	 Lift Weights	 Tai Chi	 Yoga	 Swim (Vigorous Intensity)
Throughout the Day	 Carry Your Bags	 Take the Stairs	 Stretch	 Cycle (Moderate Intensity)

Sit Less . . . Move More . . . Feel Great!

Do what you can! SOMETHING IS BETTER than nothing!