



Find it and Go!



For health benefits, you should be moderately or vigorously active for at least 30 minutes a day, most days of the week. These activities should increase your heart rate.

Moderate activities include:

- walking briskly (about 3 ½ miles per hour)
- hiking
- gardening or yard work
- dancing
- playing golf (walking and carrying your clubs)
- bicycling (at least 10 miles per hour)
- weight training (general light workout).

Vigorous physical activities include:

- running/jogging (5 miles per hour)
- bicycling (more than 10 miles per hour)
- swimming (freestyle laps)
- aerobics
- heavy yard work (such as chopping wood)
- weight lifting (vigorous effort)
- competitive sports.

track your exercise

Find exercises that you enjoy doing that will increase your heart rate.

Use the back side to keep track of when you exercise, what you do and for how long.

Write down any symptoms you have so you can check in with your doctor.

If you are new to exercise, take it easy! Follow your doctor's instructions.

