

# Physical Activity

**Physical activity** is any bodily movement produced by skeletal muscles that results in energy expenditure.

**Aerobic Activity** (cardio activity): large muscles are moving for a sustained period of time.

**Intensity:** how hard you are working to do the activity.

**Frequency:** how often you do the activity

**Duration:** how long you do an activity in any one session.

Examples: brisk walking, running, bicycling, jumping rope, swimming, dancing.



**Muscle-Strengthening Activity** (resistance training): lifting weights causes the body's muscles to work or hold against force or weight.

- You usually work/train certain muscle groups.
- You can use resistance bands or your body weight.

**Intensity:** how much weight is used

**Frequency:** how many times you do muscle-strengthening exercises.

**Repetitions:** how many time you lift the weight.

Muscle groups: legs, hips, back, chest, shoulders, arms, abdomen

**Bone-Strengthening Activity** (weight-bearing): helps with bone growth and strength.

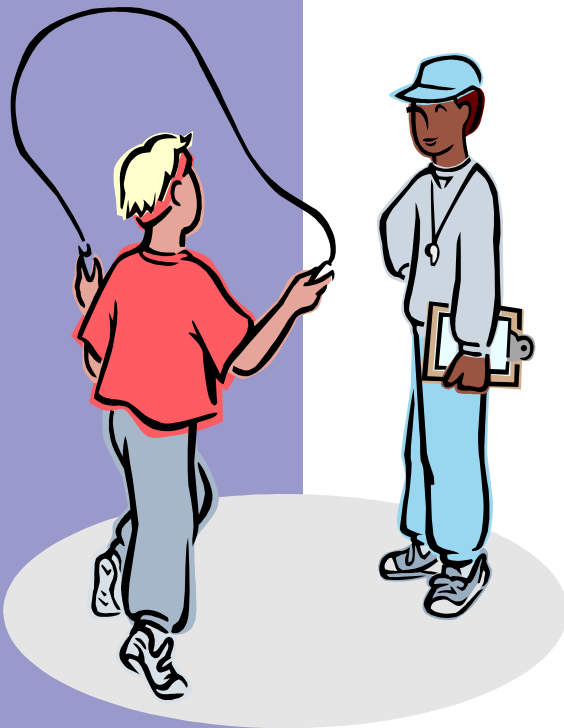
Examples: jumping jacks, running, weight-lifting, brisk walking



# Physical Activity

**Benefits: Being physically active lowers the chance of the following:**

- Early death
- Heart disease
- Stroke
- High blood pressure
- Type 2 Diabetes
- Colon cancer
- Breast cancer
- Weight gain



**How much should I do:**

150 minutes (2 hours and 30 minutes) a week.

Examples of strength training exercises:

- Triceps extension
- Biceps curl
- Front raise
- Upright row



**Public Health**  
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Shelby County Health Department



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Physical Activity Total
<b>Example 1</b> Moderate aerobic	30 min brisk walking	30 min brisk walking	Resistance band exercises	30 min brisk walking	30 min brisk walking	Resistance band exercises	30 min brisk walking	150 min of aerobic and 2 days muscle strengthening
<b>Example 2</b> Vigorous aerobic	25 min of jogging	Weight lifting	25 min of jogging	Weight lifting	25 min of jogging			75 min vigorous-intensity aerobic and 2 days muscle strengthening