

# PHYSICAL ACTIVITY

## AEROBIC EXERCISE

*Aerobic activity has tremendous health benefits: lowers blood sugar, blood pressure, and cholesterol; improves mood and sleep; lowers stress*

*Start slow and set realistic goals. Stay focused on taking good care of yourself.*

### F.I.T. Program: Aerobic Exercise

**F**requency – 3 to 7 days/week  
(no more than 2 consecutive days **without** exercise)

**I**ntensity – low to moderate  
(where you can still talk during activity)

**T**ime – aim for 150 minutes/week.  
(about 20 minutes/day)

**P**rogression – increase duration and/or frequency as your aerobic fitness improves.

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### Walking

Finding time to walk a little bit every day can help you **and** your family members feel better!

#### What are the benefits of walking?

- Reduces stress, enhances mood, lowers anxiety & depressive symptoms.
- Improves your sleep & helps you control your weight.
- Lowers blood sugar & enables your body to use insulin more effectively.
- Increases social interaction with friends and/or family members.
- Helps lower cholesterol & blood pressure, while strengthening your heart.

**Walking is NOT all or nothing! Even if you can't take a long walk, you can take several short walks throughout the day to add up to your daily goal!**

*Taking a walk calms our emotions and helps us have a positive mindset.*

**Getting Started! Below are a few examples of how to add steps to your day:**

- Walk around your house, to the corner of your street and back, or to the mailbox!
- Take the stairs instead of the elevator.
- Get off the bus one stop early.
- When shopping, park a little further away from the entrance.
- Walk around the fields at your children's or grandchildren's school or sporting events.
- Organize morning, lunch, or evening walking groups with coworkers, friends, and/or neighbors.



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### MARCH IN PLACE

- Sitting in an upright position, march in place with your bottom firmly planted in your chair.
- As you raise a foot, swing your opposite arm.
- If you're new to exercise, marching in place with arm movements for at least 5 minutes will get your heart rate pumping.

*Taking time to exercise enhances our well-being and helps us stay independent as we age.*



### SEATED JUMPING JACK

- Start in a seated position with arms resting at your side; then extend your legs, straight and wide, with heels on the floor and raise your arms in a V.
- Then bring your limbs (arms & legs) back to the center. Repeat for several minutes.
- This exercise can elevate the heart rate and give you an aerobic benefit – 5 minutes can get your heart rate pumping!

*By exercising, you are helping insulin do its job, and giving you power over your A1C.*