



WALK ACROSS TENNESSEE

Add Physical Activity to Your Day!

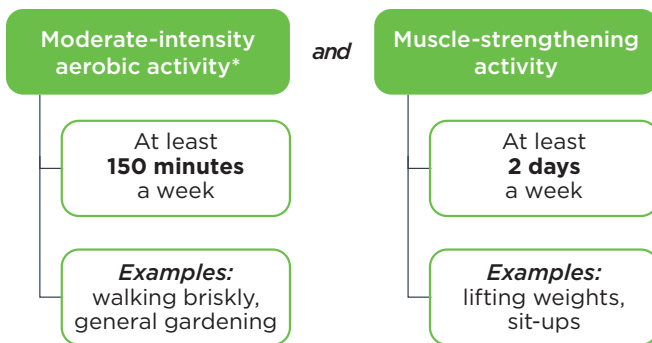
A wellness publication written by:
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What is Physical Activity?

Any movement of the body that uses energy, such as walking, running, gardening and climbing stairs.

How Much Physical Activity Do I Need?

Physical activity guidelines for adults:



**You can do vigorous activities (such as hiking, running, basketball), at least 75 minutes a week, or a combination of moderate and vigorous activities.*

Any amount of physical activity supports a healthier you.



Physical activity guidelines for older adults:

- If you have good fitness and no chronic conditions:
 - Follow the guidelines for adults.
- If you have chronic conditions, talk to your health care professional about the safe type and amount of physical activity for you.
- Include balance activities to your weekly activities.
 - Example: walking heel-to-toe.

Reference: U.S. Department of Health and Human Services. Physical Activity Guidelines for Americans. 2nd edition. <https://health.gov/paguidelines/second-edition/>.

What Does Intensity of a Physical Activity Mean?

The intensity of a physical activity means how hard that physical activity is for you.

During a moderate-intensity activity:

- Your heart beats a little faster.
- You can talk easily but not sing.

How Can I Achieve Moderate Intensity?

- Know your safe level of physical activity.
- Adjust your level of physical activity based on your fitness level.

A moderate-intensity activity for a young healthy person may be vigorous intensity for an older adult with chronic health conditions.

How Can I Be More Physically Active?

- Find enjoyable ways to be more physically active.
- Make physical activity part of your day.
- Explore resources in the community and the programs they offer.
- In your office, take walking/stretch breaks and do walking meetings.

Just enjoy walking whenever you can.

Anyone can be physically active!

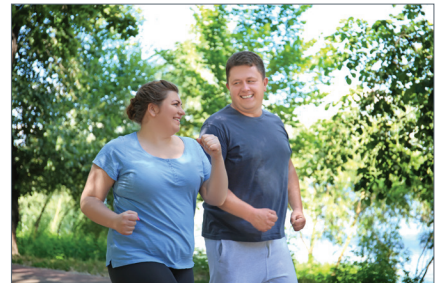
Any movement counts as physical activity. Find activities that are right for you:

- Walking.
- Working in the garden.
- Walking the dog.
- Cleaning the house.
- Wheeling yourself in a wheelchair.
- Pushing a stroller.
- Running.
- Washing a car.
- Raking leaves.

And many more examples!

Want to Start Being Physically Active?

- Try walking.
- Start low and work at your own level.
- Slowly increase the activity.
- Get advice from professionals.



Physical Activity Programs in Extension

Contact your county University of Tennessee Extension office to learn more about physical activity programs.

For local information on Walk Across Tennessee, contact:

Visit the following websites for more information on physical activity:

Walk Across Tennessee website: walkacrosstn.org

Centers for Disease Control and Prevention: cdc.gov/physicalactivity

U.S. Department of Health and Human Services: health.gov/paguidelines/second-edition



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