



CU SPORTS MEDICINE “Exercise Lite”

Experts at the CDC (Centers for Disease Control) and National Institute of Health reviewed scientific evidence from several decades and found that **regular, moderate-intensity exercise** gives substantial health benefits. This type of exercise will help you:

- Increase your energy
- Release tension
- Be an independent and active senior citizen
- Reduce heart problems, diabetes, high blood pressure, osteoporosis, and some types of cancer
- Sleep better
- Live longer
- Prevent weight gain
- Feel younger

If you don't feel like beating up your body with a gut-wrenching workout, you still have a lot to gain from regular, but less strenuous, physical activity. What do the science folks recommend?

Every American adult should do 30 minutes or more of moderate-intensity physical activity just about every day of the week. One way to meet this standard is to walk 2 miles briskly.

You can also combine 10 minute bouts of activity over the course of a day to equal 30 minutes.

What can you do?

- Take a short walk in the morning or at lunch.
- Get off the bus at an earlier stop and walk the rest of the way.
- Mow your lawn, rake leaves, or do regular gardening.
- Walk the dog every day. Go a little faster or farther each time.
- Make it a habit to use the stairs, not elevators or escalators.
- Put dinner in the oven and take a walk.
- Limit your T.V. time to 2 hours a day. Take up an active hobby.
- Wear comfortable shoes and clothes which encourage you to move. Avoid tight skirts and high heels. Bring athletic shoes to work that you can slip on for a lunchtime walk or active commute.
- Play active, outdoor games with your children.
- Join a soccer or active sports league.
- Park far from the shopping mall entrance.
- Go out dancing (ballroom, folk dancing, country line dancing, hip hop)!
- Walk briskly or ride your bike to do errands.
- Watch the news or your favorite soap opera while pedaling your indoor bicycle.
- Get a workout video so you can conveniently exercise at home.
- Make your weekends more active. Go hiking, swimming, skiing, or golfing.

