

Physical Activity Guidelines Explained

In 2018 the United States Government, in partnership with many of the leading experts in the field, updated the physical activity guidelines (developed originally in 2008). The process took over three years and created an enormous body of resources. Have you read the updates? Has it made any change in your life? Don't worry if you answered no to both. Our goal is to summarize the 118 page report and leave you with some practical steps!

Key Takeaways

Stop sitting!



The updated physical activity guidelines spend a lot of time highlighting the risk of sedentary behavior and the benefits of decreasing the time we spend sitting. Simply decreasing our sedentary time, even if we don't meet the weekly recommendation goals described on the next page, is beneficial to our health!

Doing something has great benefits.

1 > 0
ONE IS GREATER
THAN ZERO

Recent research has shown that going from no exercise to any exercise at all has a positive impact on our health. Some of the benefits of physical activity can be realized immediately in a short bout of movement. This "busts" the myth that if we don't hit the general total recommendation for the week it was a failed week. Anything is better than nothing and the science proves it!

All physical activity, no matter the duration, adds up.



Previously, guidelines focused on getting physical activity in 10 minute bouts. The 2018 updates throw this idea away. 10 different 1 minute bouts at the same intensity are just as beneficial as 10 minutes all at once. Stand up and walk for a minute!

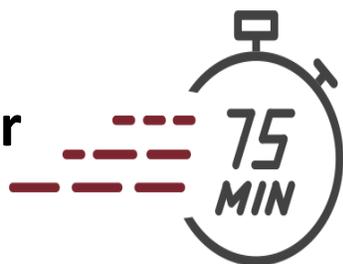
We will take a deeper look at these three takeaways next week when we focus on stop sitting! The big thing we wanted to highlight today, and a major focus of the updated guidelines, is that any movement, any decrease in sitting, for any amount of time is better than nothing. This should be really exciting for those of us with a full schedule. The 2018 physical activity guidelines also highlight many of the benefits of activity beyond the popular weight loss and heart health benefits. We are going to take a deeper look at these and other nontraditional benefits of exercise the week of February 10th. Get excited!

Beyond “stop sitting” and “start moving” what are we working towards?



**MODERATE
ACTIVITY**

Or



**VIGOROUS
ACTIVITY**



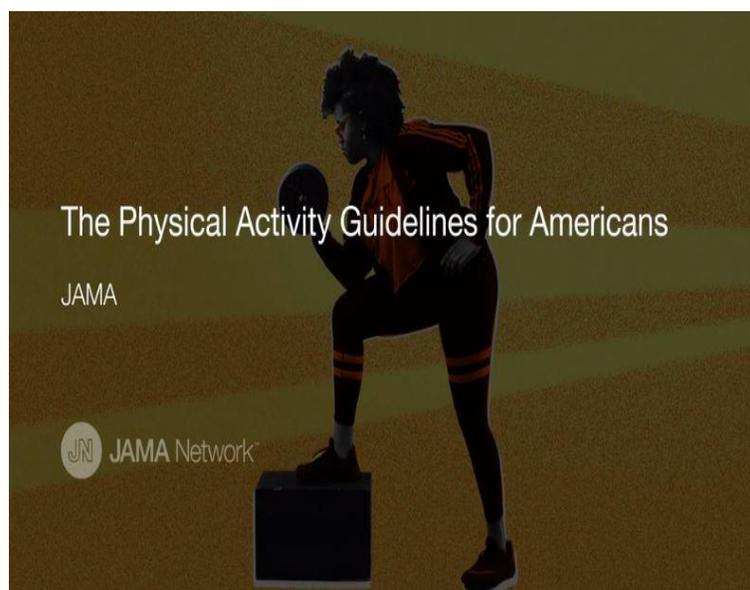
2X per week

Muscle-strengthening activities on 2 or more days a week that work all major muscle groups



Great, what does that mean?

The video to the right does an excellent job looking at how to practically meet the guidelines outlined in the 2018 report. The 150 minutes and 75 minutes refer to cardiovascular activity. Think walking, biking, and/or taking the stairs. Moderate activity is activity that you can do while talking but not singing. If you can sing while you are walking it’s still activity, just not at the moderate level! When it becomes difficult to talk in full sentences you are starting to do vigorous activity. Far more people meet the cardiovascular guidelines compared to the muscle strengthening ones. Take a look at our resources below if you are looking to add muscle strengthening to your routine.



Exercises*	4 Week - 2 Days/Week Machine Full Body Workout								
	Week 1		Week 2		Week 3		Week 4		
	Sets	Reps	Weight	Sets	Reps	Weight	Sets	Reps	Weight
Chest Press	2	x 10	-	2	x 10	-	3	x 10	-
Seated Row	2	x 10	-	2	x 10	-	3	x 10	-
Leg Extension	2	x 10	-	2	x 10	-	3	x 10	-
Leg Curl	2	x 10	-	2	x 10	-	3	x 10	-
Plank	2 x 30 sec			2x 35 sec			3 x 40 sec		2 x 40 sec
Lying Side Bends	2 x 30 sec			2x 35 sec			2x 35 sec		2 x 40 sec



Click on the picture above to be directed to our website where you can choose from 17 different muscle strengthening workouts with videos included!

Click on the pictures below to book one of our student strength and fitness coaches. For free, you can get a tour, exercise form and technique instruction, or be walked through one of our programs linked to the left.

