



Things to Know About **Being Active**

Being active is good for your physical and mental health. You don't need a formal exercise routine to be active. Whether they feel like exercise or not, things that get you moving count!

By getting enough physical activity, you can:

- Lower your stress
- Improve your mood
- Lower your “bad” (LDL) cholesterol
- Raise your “good” (HDL) cholesterol
- Help you prevent and control diabetes
- Maintain a healthy weight
- Lower your blood pressure
- Lower your risk of cardiovascular disease





While at Home

- Clean your home
- Walk or play with your pet
- Walk around or lift weights while watching tv
- Do some gardening or outdoor chores



When You're Out

- Get off the subway 1 or 2 stops before you normally would and walk the rest of the way
- Go for a walk
- Park farther away from where you're going



While Working

- Walk during lunch
- Exercise in your chair
- Stand while you eat, talk, or read
- Take the stairs

Make a Plan You Can Stick To

It's great that you're thinking about your health! Talk with your healthcare provider about your plans to increase your physical activity. Once you know what's safe for you, make a plan.

1. Think about a few things to try. Some of the examples we listed might work for you, and you may have more ideas. Mixing it up can be helpful. Keep in mind there are 2 types of exercise that most adults need to stay healthy:

- Aerobic activities make you breathe harder and get your heart beating faster. Aim for 150 minutes a week of moderate-intensity activity, such as walking or dancing. That's about 30 minutes, 5 days a week.
- Muscle-strengthening activities make your muscles stronger. Examples include lifting weights, using resistance bands, and doing push-ups. Aim to do these types of activities 2 days a week.

Write down what you plan to do for the week and keep it where you can see it as a reminder.

2. Pick a date to start. It may be helpful to tell a close friend or family member. You might even invite them to partner with you.

3. Get started. Take it slow, especially if you're new to being active.

- Start with 10 minutes of activity at a time and work your way up to 30 minutes at a time. Getting at least 30 minutes of moderate-intensity activity a day 5 days a week is best for your health, but it's okay to take your time building up to that. Every bit adds up.

Walking, dancing, and riding a bike are usually moderate-intensity activities. If you're breathing hard but can still talk easily, you're doing a moderate-intensity activity.

- If you're already physically active, you might try 75 minutes of vigorous physical activity a week.

Running, fast bike-riding, and jumping rope are common vigorous activities. If you can only say a few words before you have to take a breath, you're doing vigorous physical activity.

4. Reward yourself at the end of the week. When you reach one of your goals, treat yourself to some rest and relaxation by reading or watching your favorite tv show. Do something that makes you happy with friends and family. You deserve a reward for all your hard work! You can also reward yourself after each exercise by taking a few minutes to enjoy the good feelings that exercise gives you. Tracking your goals each week and planning rewards will help you to stay motivated about exercise.

5. Set goals for next week. Depending on how you feel you may just repeat what you did last week, or you may want to increase or change your goals. Think about where you want to be and plan goals about how to get there.

For More Information

Point your smartphone camera at this QR code, and tap the link to learn more.



English:

Benefits of Physical Activity

<http://tiny.cc/atymuz>

Español:

Los beneficios de
la actividad física

<http://tiny.cc/9tymuz>



Memorial Sloan Kettering
Cancer Center

Immigrant Health and Cancer Disparities Service

Towards Equity in Health