

Benefits of Aerobic Exercise



LUNGS

Enhances the lungs ability to get oxygen to tissues throughout the body



MENTAL HEALTH

Reduces stress, anxiety, and tension

ENERGY

Improves energy, stamina, and endurance



DIABETES

Reduces risk for developing type 2 diabetes



HEART

Strengthens and enlarges the heart making it easier to pump blood throughout the body

BODY COMPOSITION

Reduces body fat and increases lean body mass



SLEEP

Improves sleep



MUSCLES

Strengthens muscles throughout the body

TRY SOMETHING NEW!

Finding new activities you enjoy will keep your physical activity routine fun and fresh.



Bootcamp



Crossfit



Zumba



Team Sports



Aerobics Class



Rowing



Running/Jogging



Country Swing Dance



Latin Dancing



Ballroom Dancing



Dancing



Water Aerobics



Martial Arts



Boxing



Swimming



Hiking

My Goals

In the next week I will _____

In the next month I will _____

Extension
UtahStateUniversity.



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CREATE SNAP-ED
BETTER HEALTH



AEROBIC EXERCISE

Aerobic exercise includes any activity that gets you breathing heavier, your heart beating faster, and your muscles working harder than when you are at rest. The benefits of aerobic activity are felt throughout your entire body.



Aerobic Exercise: What Counts?

Levels of Aerobic Intensity

LIGHT INTENSITY

Includes activities done in everyday life including light housework, shopping, and cooking. While still good for you, these activities do not count toward aerobic activity goals because your body is not working quite hard enough.

MODERATE INTENSITY

Includes activities where your heart is beating faster and you are breathing harder than during normal daily activities. During these activities you are able to talk comfortably, but are not able to sing.

VIGOROUS INTENSITY

Includes activities where you are breathing hard and fast, and your heart rate is elevated. During these activities you will have difficulty saying more than a few words without taking a breath.

Remember, more vigorous intensity is not always better. You can gain just as many benefits from moderate activities. Always remember to discuss new physical activity routines with your medical provider before starting.

Types of Aerobic Activity

| Light (30 minutes) | Moderate (30 minutes) | Vigorous (30 minutes) |
|---|--|--|
| Shopping | Walking Briskly | Jogging or Running |
| Cooking | Water Aerobics | Swimming Laps |
| Light Housework | Ride a Bike on Level Ground | Playing Basketball |
| Laundry | Dancing | Riding a Bike on Hills |
| Sweeping the Floor | Pushing a Lawn Mower | Heavy Yard Work |
| Washing the Dishes | Gardening | Tennis |
| Making the Bed | Canoeing | Skiing <i>(cross country)</i> |
| Light Walking <i>(around the room)</i> | Cleaning | Aerobics <i>(high impact)</i> |
| Playing Catch | Bodyweight Exercise <i>(beginning yoga)</i> | Bodyweight Exercise <i>(push-ups)</i> |
| Fishing | Golf | Hiking <i>(rigorous)</i> |

Physical Activity Guidelines for Americans

The following are Health & Human Services recommendations for aerobic exercise for various age groups.

| Age Group | How Often | How Long |
|-----------------------|---------------------------------------|---|
| Adults 18-64 yrs. | At least 3 days per week | At least 2.5 hrs of moderate aerobic exercise OR 1.25 hrs of vigorous activity weekly |
| Children 6-17 yrs. | At least 3 days per week | At least 1 hr of moderate or vigorous activity daily <i>Doesn't have to be formal. Playing counts too!</i> |
| Children 2-5 yrs. | Play actively several times every day | No specific recommendations <i>Short bursts of active play will add up throughout the day!</i> |

Aerobic Exercise Safety

It is essential to keep safety in mind when doing any type of physical activity. To stay safe during aerobic exercise, remember to:

- Always check with your medical provider before starting a new physical activity routine.
- Start slow and build up to your desired level of activity.
- Always stretch before and after aerobic exercise.
- Wear proper shoes.
- Stay hydrated. Drink plenty of fluids before, during, and after aerobic exercise.