

Module 5: Weight and Wellness—A Classic Worksite Issue

Handout P: Exercise Facts

Lack of exercise is associated with lower productivity, less mental alertness, feeling sluggish, heart problems, high blood pressure, excess weight and back and joint problems. Moderate physical activity can reduce risks in all of these areas. Physical activity is also an excellent stress reducer and muscle strengthener.^{12 13 14 15}

Moderate Exercise Goal:

- 20-30 minutes of aerobic activity (active enough to make you sweat and/or breathe heavily) at least three times a week.
- OR -
- An accumulation of physical activity (even if it is not strenuous) of 30 minutes every day, done at one time or spread throughout the day.

Activities That Condition Heart and Lungs:

aerobic dancing	bicycling
cross-country skiing	hiking (uphill)
ice skating/hockey	jogging
jumping rope	rowing
racquet sports	climbing stairs
swimming	mowing lawn
walking briskly	cleaning house



Ways to Become More Active Throughout the Day:

- Walk at lunchtime.
- Take the stairs instead of the elevator.
- If you take public transportation, get off a few blocks before your usual stop and walk the rest of the way.
- Walk or ride a bicycle on errands.
- If you drive, park a few blocks from your destination and walk.

¹² Krames Health Information Library, Fitness, (Daly City, California: 1983).

¹³ National Heart, Lung and Blood Institute and American Heart Association, Exercise and Your Heart, (Bethesda, Md.: August 1993), NIH Publication No. 93-1677.

¹⁴ National High Blood Pressure Education Program, Working Group Report on Primary Prevention of Hypertension, (May 1993), NIH Publication No. 93-2669.

¹⁵ Russell R. Pate, et al., "Physical Activity and Public Health," Journal of American Medical Association, (February 1, 1995), Vol. 273, No. 5.