Types of Exercise:

Aerobic Activity:
150 minutes of moderate intensity activity per week
Meet this with 30-60 minutes of moderate activity (i.e. walking, dancing, gardening) 5 days per week OR 20-60 minutes of vigorous activity (i.e. running, bicycling, swimming laps) 3 days per week

Strength/Resistance:
Train each major muscle group with weight lifting 2 or 3 days per week, with 8-12 repetitions of each exercise to improve strength 2 to 4 sets, (examples: standing press, bench press, squats, curls, dead lift)

Flexibility:
2 or 3 days per week to improve range of motion, hold each stretch for 10-30 seconds, repeat each stretch 2-4 times (examples: sit & reach, hamstring stretch, shoulder stretch, calf stretch)

Physical Activity Pyramid

Be creative in finding ways to stay active!

Every Day
As Much as Possible
Walk to the store, work in your garden, park your car farther away, make extra steps in your day, walk the dog, take the stairs instead of the elevators, take or walk to work or to the gym, carry the groceries, wash the car, build physical activity into your work day

3+ Days a Week
Leisure Activities
Soft activities, hobbies,Crosswalk, walking, leisurely cycling

3-5 Days a Week
Aerobic Exercise
(60 minutes)
Brisk walking, cycling, swimming, jogging, aerobics classes

5-7 Days a Week
Aerobic Exercise
(60 minutes)
Brisk walking, cycling, swimming, jogging, aerobics classes

Recreational Exercise
(60 minutes)
Soccer, basketball, tennis, martial arts, dancing, hiking

Getting Involved As... An Individual:
Know your numbers: weight, blood pressure, cholesterol
Serve as an exercise buddy
Donate to issue organization

A Business:
Support worksite wellness
Have insurance incentive for fitness

A Community Member:
Join physical activity coalition
Make voice heard in local meetings

A Government:
Have policies & media that promote use of public recreation
Invest in recreational sites and facilities

Be active your way.
Start taking steps to improve your health today!

999 W Amador Annex, Suite D.
Las Cruces, NM, 88005
Helpline: (575) 395-6953
Small steps for great strides in fitness & health!

- Less screen time (TV, phone)
- Exercise to a work out video or YouTube
- Get a pedometer and aim for 10,000 steps or more daily
- Play music and dance around the house
- Take the dog for a walk often
- Do house work regularly
- Join a recreational sports team
- Form or join a walking club
- Do calisthenics at home (push-ups, planks, crunches, squats, lunges, jumping jacks)
- Use resistance bands or towels for isometrics at home
- Learn to do chair exercises if you have limited mobility
- Stand instead of sitting at work desk or in meetings
- Take a walk during coffee or lunch breaks
- Take stairs instead of elevator
- Park farther away from destination and walk

Benefits of Exercise:

**BODY**
- Strengthen muscles and bones
- Increase your energy
- Improve your immune system
- Control your weight
- Reduce cardiovascular risks (heart attack, lower blood pressure & cholesterol)
- Reduce risks of some cancers...breast, colon, rectum
- Reduce risks of metabolic diseases, like diabetes type 2
- Lower risk of falls by improving balance

**MENTAL/EMOTIONAL/SOCIAL**
- Exercise may block negative thoughts or distract you from daily worries
- Exercising with others provides an opportunity for increased social contact and connection
- Increased fitness may lift your mood or lower stress and improve your sleep patterns
- Exercise may also change levels of chemicals in your brain, such as “feel good” serotonin and endorphins and stress-related cortisol hormones
- Increase self-esteem and self-confidence as achieve personal goals for well-being

For more information:
CDC Physical Activity
[www.cdc.gov/physicalactivity](http://www.cdc.gov/physicalactivity)