

Health Promotion Series-Physical Activity

Vol. 1

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Getting Started

My name is Kerrie Walker and I am a physical therapist in the outpatient department at PPGH. I am excited to be part of a group bringing you useful information about ways to maintain or improve your health, depending on your starting point. I will be sending you information on physical activity weekly. Please note that if you have any health issues or have not been exercising for some time, a good place to start is to see your physician for guidance. Please review this information and feel free to contact me with any questions. Thank you.

Who just loves to exercise? Anyone? Well, you may not love it, but here is some information that may help you to at least not hate it! According to an American Heart Association Study in 2012, about 80% of Americans do not make physical activity a regular habit and 14% of Americans stated that they just did not like exercise. How do we overcome this hatred? Here are some tips:

- Choose exercise that suits you-do something social if you like that type of atmosphere or if you prefer alone time, go for a solo walk or jog
- Make it a habit
- Build exercise into your lifestyle-going to a gym is not the only way, you can borrow exercise videos and use items from around your home for resistance
- Complete exercise in bouts-Can't find the time to complete 30 minutes of activity? Try 3-10 minute work-out sessions, do some calisthenics upon waking, or walk or bike instead of commuting or taking public transportation.
- Keep going-if you miss a day, don't let it stop you from getting back on track.



http://www.heart.org/HEARTORG/GettingHealthy/PhysicalActivity/GettingActive/5-Steps-to-Loving-Exercise-Or-At-Least-Not-Hating-It_UCM_445812_Article.jsp#.Vkc3iXuJ1-I

Walking is an excellent way to get moving. It is easy, cheap, and can be done almost anywhere. If you are able to walk for as few as 30 minutes a day this will provide heart health benefits and is one of the most effective forms of exercise to do so. The below link includes information to help you start a walking plan. Also, remember other leisure activities are included in exercising-gardening, dancing, biking, stairs at work, etc.



http://www.heart.org/HEARTORG/GettingHealthy/PhysicalActivity/GettingActive/Get-Moving-Easy-Tips-to-Get-Active_UCM_307978_Article.jsp#.Vkc32HuJ1-I