

NUTRIFAX[©]

2008

Exercise for Adults

For some people exercise can be a means to an end - the way to shed a few pounds you have wanted to remove. Then again, exercise can be a way of life for some people - it makes them feel better. Whatever the reason, exercise is an important ingredient for good health.

Benefits of Exercise

- Burns calories to assist in weight loss and maintain ideal body weight.
- Tones and strengthens muscles for endurance in performing everyday activities.
- Strengthens heart muscles, which assists in preventing heart attacks.
- Is a factor in preventing osteoporosis.
- Assists in relieving the discomforts of arthritis.
- Relieves stress and anxiety in ordinary life.

| Calories Burned for a 150-Pound Person Per 30 Minutes: | | | |
|--|-----|------------------------|-----|
| Daily Activities | | Recreation and Sports | |
| Sleeping | 35 | Softball | 130 |
| Watching TV | 45 | Golf | 170 |
| Office Work | 90 | Brisk Walking ♥ | 200 |
| Slowing Walking | 100 | Bicycling ♥ | 205 |
| Yardwork, housework | 115 | Aerobic Dance ♥ | 210 |
| Walking upstairs ♥ | 525 | Tennis (singles) | 220 |
| | | Lap Swimming | 225 |
| | | Jogging | 325 |
| | | Cross-country skiing ♥ | 375 |
| | | Running ♥ | 425 |
| | | Rowing ♥ | 430 |

♥ These activities provide the best benefit for conditioning your heart and lungs.

Before you get started...

- Talk to your doctor before starting your program.
- Check to be sure you don't have any health problems that will put you at a greater risk while doing physical activity.
- Exercise daily.
- Wear a pedometer every day.
- Physical activity comes in a variety of forms.
- Count daily household activities such as dusting, vacuuming, and folding clothes.
- Count outdoor activities such as mowing the lawn.

GOAL: 10,000 steps per day!

- **30 MINUTES**
Reduce risk of some diseases
- **60 MINUTES**
Prevent weight gain
- **90 MINUTES**
Maintain weight loss

HEALTHY TIP:

- If you need support participate in an organized program.
- 2000 steps = 1 mile = burns 100 calories



Food and Nutrition Services
can assist in providing nutrition information.
Call 703-813-4800 and
ask for a Registered Dietitian.