

TABLE 2. Sports activities and home activities that may be used to supplement the daily steps to reach the daily steps goal, based on the Compendium of Physical Activities.<sup>27,28</sup>



**The American Heart Association  
Recommendations for Physical  
Activity in Adults**

**For Overall Cardiovascular Health:**

**At least 300 minutes**  
of moderate-intensity aerobic activity



**At least 150 minutes**  
per week for a total of 75 minutes



OR

**At least 25 minutes**  
of vigorous aerobic activity



**At least 3 days per week for a total of 75 minutes**



or a combination of the two

AND

**Moderate to HIGH INTENSITY**  
muscle-strengthening activity



**At least 2 days per week for additional health benefits**



**For Lowering Blood Pressure and Cholesterol:**

**An average of 40 minutes**  
of moderate-to-vigorous-intensity aerobic activity



**3-4 days per week**



© 2014 Learn more at [heart.org/Activity/Recommendations](http://heart.org/Activity/Recommendations).

MET (1)	Steps equivalent per minute (2)	Sports Activities	Home Activities
12	300	squash, boxing, canoeing (competitive), in-line skating, ice-skating (competitive)	running (upstairs)
11	270	rock climbing, swimming (butterfly)	
10	250	running (on a track, team practice), judo/karate/kick boxing, rugby, rope jumping, soccer (competitive)	
9	230	running (cross-country), football (competitive)	moving furniture upstairs
8	220	running (training), bicycling, football (general), basketball (competitive), lacrosse, polo, volleyball (competitive), ice hockey, cross-country skiing, snow shoeing	
7	180	jogging, tennis, badminton (competitive), soccer (general), roller skating, swimming (backstroke), ice skating (general), tobogganing	carrying groceries upstairs
6	150	hiking, weight lifting, fencing, basketball (general), swimming (leisure), water skiing, downhill skiing	race walking (if you went any faster you'd be running), moving furniture, home repair (outside house), gardening with power tools, shovelling snow by hand
5.5	140	health club exercise	mowing lawn
5	135	bull room dancing, baseball, children's games, skateboarding, kayaking, snorkeling	walking to work or class, walking briskly (like you're late for a bus), walking upstairs, cleaning gutters, painting (outside house), yard work
4.5	130	badminton (general), golf	operating snow blower
4	125	horseback riding, table tennis, volleyball (general), juggling, Tai Chi, paddle boat, curling	walking for pleasure, scrubbing floors and bathtub, moving household items, raking lawn, gardening (general)
3.5	120	marching band, archery, sky diving, canoeing (general), snowmobiling	walking the dog, walking with purpose, mopping, vacuuming
3	100	light workout, miniature golf, bowling, frisbee playing, fishing, sailing	walking inside the house, walking downstairs, taking out the trash, picking up things around the house, sweeping floors, heavy cleaning (e.g. washing car), home repair (inside house), painting (inside house), loading/unloading a car, riding snow blower
2.5	70	camping, billiards, croquet, darts, bird watching	walking shopping (incl. grocery shopping), light cleaning (e.g. dusting), cooking or food preparation (walking), riding lawn mower or motorcycle
2	45	mild stretching	cooking or food preparation (standing), making bed, standing (e.g. talking on phone, reading), showering (standing), tanning/relaxation
1.5	20		retreat/family reunion activities (sitting, relaxing, talking, eating), using a computer, standing in line, sitting (e.g. light office work, card playing, talking on phone, reading), bathing (sitting)
1	0	whirlpool (sitting)	watching television, riding in a car or bus, reclining (e.g. talking on phone, reading)

(1) MET (Metabolic Equivalent), the ratio of the work metabolic rate to the resting metabolic rate. One MET is defined as 1 kcal/kg/hour and is roughly equal to the energy cost of sitting quietly.<sup>27</sup>

(2) Steps equivalent per minute are based on several sources:<sup>16,18,19,23</sup> They are rough estimates, based on the average 68-kg (150-lb) person with an average step length of 75 cm (2.5 ft).<sup>23</sup>

# Sit Less. Move More.

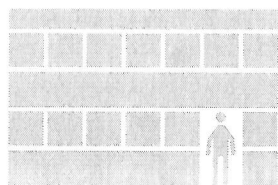
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## Sit Less.

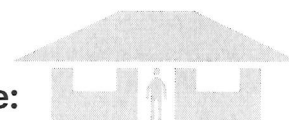
Too much sitting saps your energy, makes your joints stiff, and affects your overall health. You can change that! Get up and simply move more throughout the day, even if you go to the gym... and especially if you don't. There are many ways to reduce your "tush time."

### Which will you do this week? (☑ boxes)



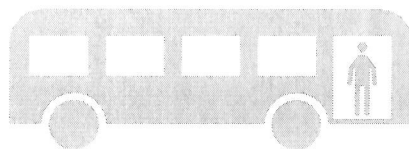
#### At Work:

- When sitting at your desk or computer, get up every 30 minutes or so and stretch. Walk down the hallway. A smart phone Stand Up Reminder app can help.
- On the phone? Stand or walk around.
- Instead of calling or instant messaging your co-workers, get up and go to their desk for a chat.
- Try "walking meetings" when you don't need a pen and paper.



#### At Home & Elsewhere:

- When watching TV, get up during every commercial and do an active chore. For example, empty the dishwasher, throw some clothes in the laundry, or take out the garbage. Feel productive after just one show!
- Use stairs whenever you can.
- Reduce time in front of the TV, computer and on video games (unless you're moving). Try other fun activities or finish home projects instead.
- If you can't walk or stand, try seated knee lifts, kicks, foot slides, punches or arm circles.



#### While Commuting:

- If you take the bus or subway, stand and allow others to have a seat. Feel good about yourself!
- Don't fight for the closest parking spot. Park farther away and take a few more steps.
- Get off the bus one stop early and walk the rest of the way. Wear supportive and comfortable shoes so this is easy to do.

What I will do **TODAY** to sit less: \_\_\_\_\_

\_\_\_\_\_

# Move More.

Do you want to feel better, move better and sleep better? Find opportunities to be active throughout your day. Every minute counts.

**Walk to the mailbox • Rake some leaves • Get on a bike • Dance!**  
**Choose what works for you – and what's fun!**

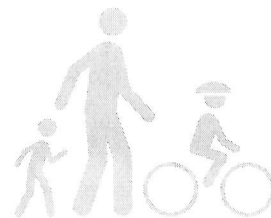
Try to do at least 150 minutes of moderate-intensity physical activity every week. Fit in 2, 5, 10 or 20 minutes here and there. Be active however and wherever you can! It all adds up to better health.

**Walking is simple, inexpensive and may be a great way to start. Which of these will you do in the next two weeks? (☑ boxes)**

Roll out of bed and take a 20-minute walk before the day gets going and you talk yourself out of it.



Take a walk with your family every night after dinner.



Meet a friend at your local shopping mall for an early morning walk. Malls often open early to support local walkers.

Walk or ride a bike with your child to school, and you'll both get the benefits.

Volunteer to walk your dog every day. Don't have a dog? Walk your neighbor's pet.



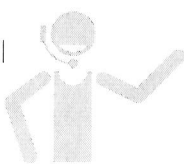
Go for a 10- to 15-minute walk at lunchtime and bring a friend.

Try a smart phone walking app or count your steps with an activity tracker. Gradually build up to 7,000-9,000 steps/day.

Start a neighborhood walking group – with at least two other neighbors. Swap child care if needed.



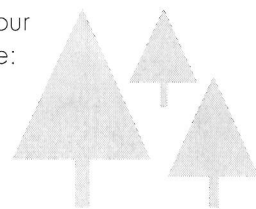
Join a local fitness program to get guidance and motivation. My local fitness facility or program: \_\_\_\_\_



Walk or ride to work or the store 1-2 times/week. Try an e-bike: they're easier, faster and fun!

\_\_\_\_\_

Find beautiful places in your community to walk or bike: local parks, trails, streets with trees or interesting buildings. Become an explorer.



What I will do **TOMORROW** to become **more active**: \_\_\_\_\_

Start where you are. Use what you have. **Do what you can.**

# Being Active for a Better Life

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Inactive people who start moving get the biggest bang for their buck. Experts now say that any physical activity counts – even just a few minutes! Fit in 2, 5, 10 or 20 minutes throughout your day. Every active minute adds up to better health.

Did you know that not getting enough physical activity can result in the same kinds of health problems caused by smoking and being overweight? Moving more often:

- Improves your mood and sleep;
- Slows the effects of aging;
- Helps keep your mind sharp as you get older and lowers your risk of dementia and Alzheimer's;
- Lowers your risk of heart disease, stroke, high blood pressure, Type 2 diabetes, weight gain and several kinds of cancer; and
- Increases your energy and simply makes life better!

Start where you are. Use what you have. **Do what you can.**

## Getting Started

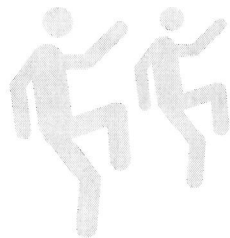
### Start Simple

Simply sit less and move around more. Walk to the mailbox. Walk the dog. Dance at your desk. Take the stairs. Find opportunities to move throughout the day.



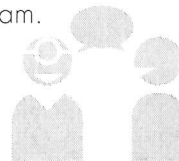
### Be Active with a Friend

Do activities you enjoy and find a buddy at home or work. Those who exercise with a friend tend to stick with it longer than those who go it alone.



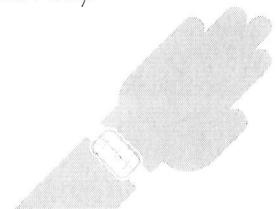
### Check Your Health

If you have health worries, talk with your health care provider before you start exercising. Muscle or joint problems? Ask about doing physical therapy before beginning an exercise program.



### Motivation

Use a smart phone or activity tracker to measure your progress and stay motivated. Count your steps daily for the first week or two. Gradually build up to 7,000-9,000 steps each day.



### To stay safe and injury free:

- Gradually increase your pace and time spent being active. Start low and go slow!
- Start with light to medium effort.
- Warm up and cool down (easy pace) before and after exercise.

# Aerobic Activity



Aerobic activity increases your heart rate and breathing. Build up to doing at least 150 minutes/week of moderate intensity activity, 75 minutes/week of vigorous activity or a combination of both. You'll improve your stamina and heart health.

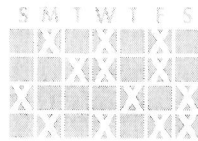
## What?

Any rhythmic, continuous activity!



## How often?

3-5 Days/week



## How hard?

Fairly light to somewhat hard



## How much?

Start w/a few minutes. Gradually build up to 30-60 minutes over the day.



**Remember:** Walking, biking, dancing, swimming and water exercise are great. Be active however and wherever you can – every minute counts. To lose weight, do twice as much activity.

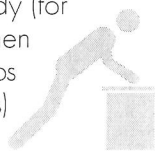
# Strength Training



Strength training, for example working with weights or resistance bands, makes you stronger and helps your overall health. Plus, strength training can make daily activities like lifting laundry baskets or yardwork easier and safer.

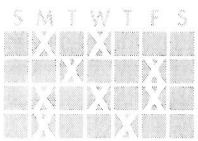
## What?

Hand weights, resistance bands, weight machines, or your own body (for example, kitchen counter pushups or chair squats)



## How often?

2-3 Days/week  
\*Rest day in between!



## How hard?

Start with light effort. Build up to medium or hard effort.



## How much?

10-15 repetitions to start (for each major muscle group) Build up to 8-12 reps of challenging effort. Repeat 2-4 times.



**Remember:** Avoid straining or holding your breath when lifting. If you need it, get help from a certified exercise professional. They can teach you the right way to do exercises and how to breathe properly.

# Other Types of Physical Activity

- Yoga, Tai Chi and Pilates help with balance, flexibility and strength, and are relaxing too!
- Flexibility: Stretch your muscles 2-7 days/week to the point of feeling tightness. Hold for 10-30 seconds (30-60 seconds for older adults). For example, stretch your calves or the back of your thighs.
- Balance: Exercises may include standing on one foot, walking on a line, or using a balance board. Train in an uncluttered area and use a chair or wall for support if needed.

How will I get started this week? \_\_\_\_\_

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## Great Places to Walk, Ride a Bike, or Roll:

- \* Trails and bike paths
- \* Malls
- \* Parks

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## Community Fitness Clubs/Medical Fitness Facilities:

- \* YMCA
- \* JCC (Jewish Community Center)
- \* University-based wellness/fitness facilities
- \* Medical fitness facilities
- \* Boys & Girls Clubs
- \* Commercial fitness clubs

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## Look for These Programs That Have a Local Chapter:

- \* Silver Sneakers (for older adults) <https://www.silversneakers.com/>
- \* Arthritis Foundation land or water-based programs – check with your local chapter
- \* Walk with a Doc <https://walkwithadoc.org/>
- \* Parks Prescription <http://www.parkrx.org/>

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## Find a Personal Trainer:

- \* ACSM Pro Finder <http://www.acsm.org/attend-connect/profinder>
- \* Look for personal trainers in your community with the Exercise is Medicine® credential, clinical exercise certifications, or advanced training in working with specific medical conditions or older populations, etc.

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## Websites:

- \* American Heart Association: [www.heart.org/healthyliving](http://www.heart.org/healthyliving)
- \* Arthritis Foundation: <https://www.arthritis.org/living-with-arthritis/exercise/> and AF Walk with Ease program: <https://www.arthritis.org/living-with-arthritis/tools-resources/walk-with-ease/>
- \* National Osteoporosis Foundation: <https://www.nof.org/patients/fracturesfall-prevention/exercisesafe-movement/osteoporosis-exercise-for-strong-bones/>

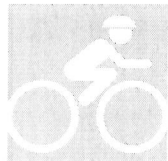
*Try a smart phone app or activity tracker!*

Customize this handout with appropriate community resources. Provide to patients or incorporate into the EHR after-visit summary (AVS). Ask your patient to investigate at least two of these options to find something that works – you'll ask about it during the next visit. REMEMBER TO REMOVE THIS COPY BEFORE PRINTING.

Name: \_\_\_\_\_ Date: \_\_\_\_\_

## 2018 Physical Activity Guidelines for Adults:

- 150-300 minutes/week of moderate-intensity activity or 75-150 minutes/week of vigorous activity (somewhat hard to very hard) or a combination of both
- Muscle strength training 2 or more times a week



### Aerobic Activity (check)

Frequency (days/week):     1     2     3     4     5     6     7

Intensity:     Light (casual walk)     Moderate (brisk walk)     Vigorous (like jogging)

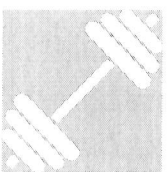
Time (minutes/day):     10     20     30     40     50     60 or more

Type:     Walk     Run     Bike     Swim/Water Exercise     Other \_\_\_\_\_

Steps/day:     2,500     5,000     7,500     10,000 or more     Other \_\_\_\_\_

### What about aerobic activity?

- Moderate activity is at a pace where you can talk but cannot “sing.” Examples: *brisk walking, light biking, water exercise and dancing.*
- Vigorous activity is done at a pace where you cannot talk and may be out of breath. Examples: *jogging, swimming, tennis and fast bicycling.*
- You can exercise for any length of time. For example, you might walk:
  - 30 minutes 5 days/week or
  - 20 minutes daily
  - 5 minutes here, 10 minutes there. Just work your way up to 150 total minutes/week.
- Your ultimate goal is to gradually build up to 7,500-10,000 steps/day.



### Muscle Strength Training (check)

Frequency (days/week):     1     2     3     4     5     6     7

### What about strength training?

- You don't have to go to a gym. Try elastic bands, do body weight exercises (chair sit-to-stands; floor, wall or kitchen counter push-ups; planks or bridges) or lift dumbbells. Heavy work around your home or yard also builds strength.
- Strengthen your legs, back, chest and arms. To start, try 10-15 repetitions using light effort. Build up to medium or hard effort for 8-12 repetitions. Repeat 2-4 times, 2-3 days/week.
- Give yourself a rest day between each strength training session.

Prescriber's Signature: \_\_\_\_\_

How will you get started **this week?**