

Physical Activities

What is it?

- **Physical Activities** – can help control lipid abnormalities, obesity, blood pressure and obesity
 - **Aerobic Exercise**- increases your fitness level and capacity for exercise, also plays a role in primary and secondary prevention of cardiovascular disease
- **Physical Inactivity** – a major component of CAD/coronary artery disease, high blood pressure, high triglycerides, obesity, low HDL/High Density Lipoprotein levels (Good Cholesterol), cardiovascular disease, heart disease, stroke, and diabetes
 - **CAD**- deposits of fatty substances, cholesterol calcium and other substances in the inner lining of the arteries that supply blood to the heart muscle



Recommendations:

- **Housework**- do it yourself instead of hiring someone, work in the garden or yard, rake leaves, prune, dig, pick up trash, walk between meals, walk or bike to the store instead of driving, when walking pick up the pace from leisure to brisk on a hilly route, throw away the remote control, stand up while talking on the phone, walk the dog, park farther away when shopping, stretch and squat when reaching for items, use exercise equipment
- **At the Office**- brainstorm while taking a walk, walk to talk with someone verses talking with them on the phone, take the stairs instead of the elevator, walk while waiting for a bus, taxi or plane, stay in hotels with fitness centers or swimming pools, use a jump rope or do calisthenics, work out at the gym at work, join a fitness club or center, walk around your building during break
- **At Play**- hiking, backpacking, swimming, walking, jogging, bicycling, dancing, exercising to music, fly a kite, golfing, tennis, racquetball, badminton, rowboat, paddle boat, skiing, etc...
 - **Goals**- set goals of about 30 minutes per day



What can I do?

- **See your Health Care Provider**- for more information
- **See a Registered Dietitian**- for help as needed

