

Physical Fitness

It doesn't have to be hard to be helpful!

Types of Fitness:

1. Performance-related
2. Health-Related



Recommendations

- 150 min. Moderate-intensity aerobic physical activity/week (at least 10 min. bouts)
- Strengthening Activities two or three days/week (resistance)
- Flexibility exercises two or three days/week to improve Range of Motion

Benefits

- Lower Risk of:
 - Early death
 - Heart disease
 - Stroke
 - High BP
 - Type 2 Diabetes
 - Breast/colon Cancer
 - Falls
- Younger:
 - Improve Bone Health
 - Improve Cardio/Muscular Fitness
 - Decrease Body Fat
 - Reduce Symptoms of Depression