

## Getting to the Top with Physical Activity: Finding a healthy balance between food and physical activity



How much physical activity is needed?

According to the 2005 Dietary Guidelines and MyPyramid,  
most people should be physical activity:



- At least 30 minutes each day on most days of the week
  - 60-90 minutes may be needed for children and for those who want to lose weight or maintain weight loss
- At a moderate to vigorous intensity
- Above your average daily activities
- All during one session or in several sessions of 10 minutes or more

## Be sure to check with a physician before starting any new physical activity.

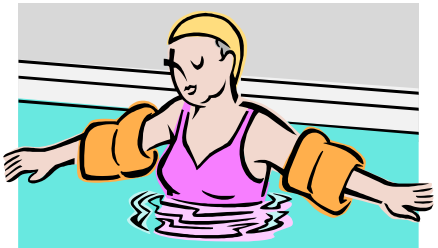
Why be Active?

1. Improves flexibility and posture.
2. Controls weight.
3. Improves fitness level.
4. Decreases blood pressure.
5. Lowers disease risk.
6. Increases self-esteem and feelings of well-being.
7. Improves health of bones, muscles, and joints.



### Types and Examples of Physical Activity:

1. Aerobic activity  
(Walking, swimming, biking)
2. Stretching  
(Yoga, Tai Chi)
3. Balance & Flexibility  
(Yoga, Pilates)
4. Resistance, strength & weight-bearing  
(Free weights, weight machines)



\*Doing all four types will offer the most benefits.

**Always start new physical activities at a gradual pace and work your way up!**

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Dr. Josef M. Broder, Interim Dean and Director