



## Tip#8: Physical Activity Pyramid

Adapted from eatsmartmovemorenc.com

Regardless of your fitness level, there is a physical activity just right for you. The most exciting part of your day can be participating in a physical activity. Use the pyramid choices to help get you started.



### This Week's Challenge

Take a 10-minute walk in the parking lot or through the halls of your building during a coffee break. If you're really looking for a challenge, climb stairs for 10 minutes.





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### Get Your Heart Pumping – from A to Z

Aerobic activity is healthy for your heart, your weight and even your mind. Experts recommend getting at least 30 minutes on most days of the week – 60 minutes would be even better. What is aerobic activity? Anything that makes you sweat and gets your heart to beat faster. Make it fun and you'll be more likely to just do it!

#### 1. Go easy on your body with low-impact aerobics

Maybe you hate running and can't dance. Maybe you have problems with your knees, hips or ankles. Don't worry – you can still enjoy aerobic activity. Look for low or no impact classes, like water or chair aerobics. You may find them at a local college, the YMCA or community recreation program. These classes are just right for folks with arthritis or older joints.

#### 2. Glide your way to fitness with ballroom dance

Learn to dance with your local "stars"! Take a ballroom dancing class at your nearby recreation department or fitness center. Ballroom dance isn't just for weddings. It can be a wonderful way to get your heart pumping with your sweetheart. Give it a whirl. You'll probably use muscles you didn't know you had!



#### 3. Take a step to better health with square dance

Gather up some friends and give square dancing a do-si-do. While you twist and turn, you'll keep your heart healthy and your bones strong. Following the calls also keeps minds sharp, helping to fight age-related memory loss.

#### 4. Take a fun walk with music or friends

Walking doesn't have to be boring. There are lots of ways to pick up the pace and make it part of a daily routine. Music is always nice. Podcasts or books on tape can provide mental stimulation along with the physical activity. Try a new route and bring a human friend along for a chat. Or, enjoy the quiet company of a furry friend.

#### 5. Heat up your dance steps with Zumba®

Increase your heart rate to the pulse of a Latin rhythm. Zumba® is so much fun that it is advertised as a party rather than a workout! You will dance to the joyful beat of music from around the world. The dance steps from salsa, merengue and reggae are easy to follow. Check it out on YouTube or pick up a DVD. You can participate in one of several low-cost Zumba classes being offered throughout the county. Visit the [Calendar Page](#) to find a low-cost Zumba class near you.

