

Don't let injuries or other conditions slow you down. You can still receive health benefits from physical activity. Being physically active can help you improve your mobility, coordination, and flexibility. Talk to your health care provider about what activities suit you best.

### How much physical activity do I need?

- 150 minutes of moderate-intensity aerobic activity per week
- 2 days of muscle strengthening activities (ex. weight/resistance band training, calisthenics, yoga) per week
- 10,000 steps during your everyday routine

Avoid sitting for long periods of time. Prolonged sitting increases the risk of blood clots, obesity, and heart disease. Get up and move at least 10 minutes of every hour.

- Strengthens bones, muscles, and joints
- For older adults: can prevent falls and improve functional ability for everyday tasks (such as climbing stairs)

### Check out these additional resources:

- **Army H.E.A.L.T.H.** is designed to help you maintain or lose weight and to improve your fitness by providing personalized nutrition and fitness plans. Register at <http://armyhealth.pbrc.edu>.
- The American College of Sports Medicine (ACSM) also has great information about the importance of strength training. Visit <http://www.acsm.org/docs/current-comments/strengthtrainingforbmh.pdf> to learn more.



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Learn more about the Performance TRIAD at  
[HTTP://ARMYMEDICINE.MIL](http://ARMYMEDICINE.MIL)

# Stay Active for Healthy Living

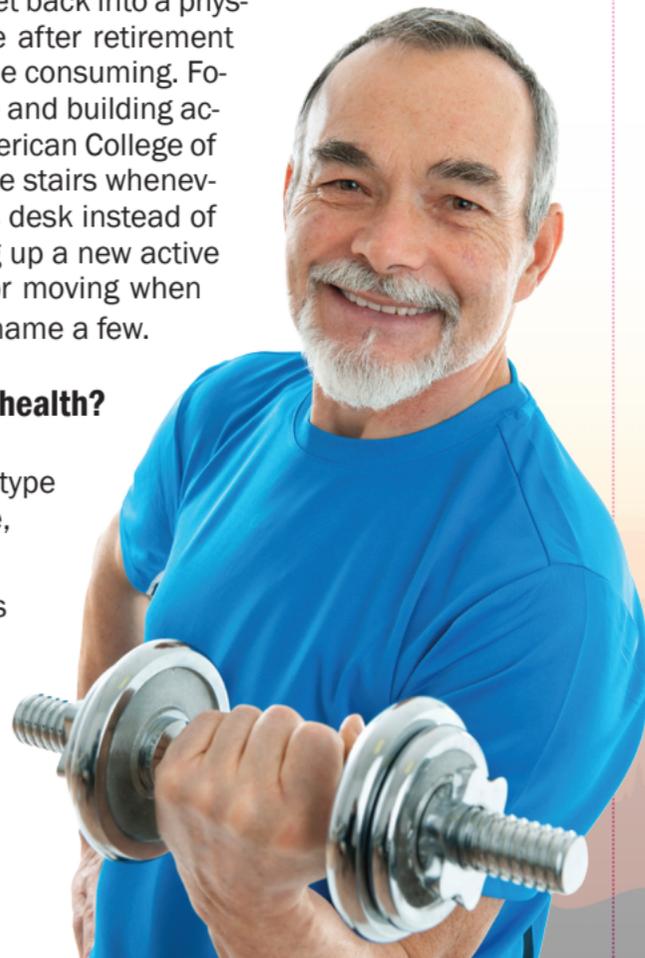
## Activity Tips for Retirees



It's never too late to stay active or get back into a physically active lifestyle. Staying active after retirement doesn't have to be strenuous or time consuming. Focus on moving as much as possible and building activity into your daily routine. The American College of Sports Medicine suggests taking the stairs whenever you can, walking to a co-workers desk instead of emailing or calling him/her, picking up a new active hobby (ex. cycling), and standing or moving when talking on your cell phone - just to name a few.

### How can physical activity improve health?

- ➔ Helps manage some chronic diseases or conditions such as type 2 diabetes, high blood pressure, and arthritis
- ➔ Aids in weight loss and prevents weight gain
- ➔ Can manage stress and may reduce depression



Lack of sleep reduces your desire and motivation to exercise regularly and to make healthy eating decisions. Talk to your healthcare provider if you are having trouble sleeping (falling asleep or staying asleep) or if you are always feeling fatigued or tired.

### How can I build activity into my day?

- ➔ Divide it up your way. 150 minutes is also:
  - » 2 hours & 30 minutes per week OR 30 minutes a day for 5 days OR 10 minutes of activity 3 times a day for 5 days.
  - » Start slowly. If you're just getting back into activity, gradually work up to this goal.
- ➔ Pick activities you enjoy.
  - » Moderate-intensity activities include: brisk walking, doubles tennis, water aerobics, leisure biking, golf, and dancing.
- ➔ Invite family and friends to join you.
  - » Take a fitness class, join a recreation league, sign up for a 5K run/walk, or start a walking group in your neighborhood.
- ➔ Save time by bumping up the intensity.
  - » Do 75 minutes of vigorous-intensity activities 2 times per week (e.g. running, racquetball, swimming laps, or hiking uphill).



## ARMY Wellness Center

### Visit your local Army Wellness Center!

Army Wellness Centers (AWCs) provide wellness services to Soldiers, adult Family Members, Retirees, and Department of the Army (DA) Civilians at NO COST:

- ➔ Sleep Education
- ➔ Weight Management and Metabolic Testing
- ➔ Exercise Testing and Exercise Prescription
- ➔ Stress Management Education and Biofeedback
- ➔ Nutrition Education
- ➔ Wellness Coaching
- ➔ Body Composition Analysis
- ➔ Health Assessments

To locate the AWC nearest you, visit <http://phc.amedd.army.mil/ORGANIZATION/>