

How much physical activity do I need?

To continue getting positive health outcomes strive for at least:

- 150 minutes of moderate-intensity aerobic activity per week
- 2 days of muscle strengthening activities (e.g. weight lifting, body resistance training) per week
- 10,000 steps during your everyday routine

Try to avoid sitting for long periods of time. Prolonged sitting increases the risk of blood clots, obesity, and heart disease. Move at least 10 minutes of every hour.

You can make small changes in your daily routine to increase your physical activity. 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), standing or moving when talking on your cell phone - just to name a few.

Don't let chronic conditions prevent you from being active. Even low intensity activity is good for your health. Remaining physically active can help you maintain your physique, mobility, flexibility, and coordination. Talk to your health care provider about what activities would suit you best.

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 Fit for Life!

Activity Tips for Pre-Retirees



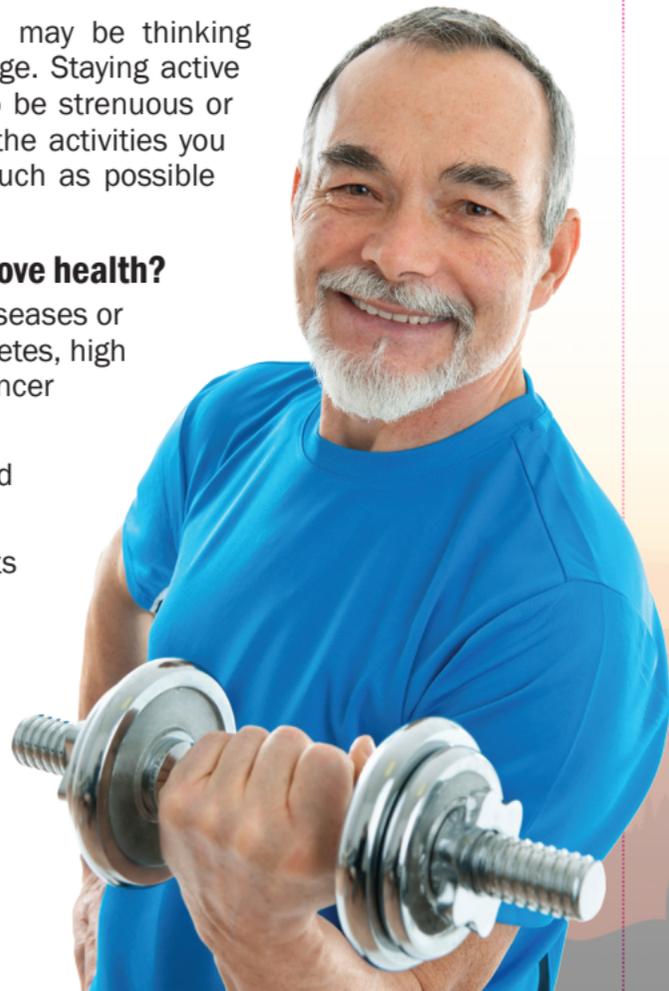
**ARMY
FAMILY**
IS AN UNSTOPPABLE FORCE



As you approach retirement you may be thinking about how your lifestyle will change. Staying active during retirement doesn't have to be strenuous or time consuming. Continue doing the activities you enjoy and focus on moving as much as possible during your daily routine.

How does physical activity improve health?

- ➔ Lowers risk of some chronic diseases or conditions such as type 2 diabetes, high blood pressure, stroke, and cancer (e.g. breast, colon)
- ➔ Helps manage chronic pain and improve functional abilities
- ➔ Aids in weight loss and prevents weight gain
- ➔ Can manage stress and may reduce depression
- ➔ Strengthens bones, muscles, and joints



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
- ➔ Pick activities you enjoy.
 - » Moderate-intensity activities include: brisk walking, doubles tennis, golf, and leisure biking
- ➔ Invite family, friends, and fellow Soldiers 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, swimming laps, basketball, 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/INSTITUTE/DHPW/Pages/ArmyWellnessCentersOperation.aspx>.