

# Meet the Guidelines

## Structured Exercise Activity Challenge

### BALANCE

Proactive balance exercises will maintain and improve your balance, increase your reaction time, and reduce injuries from falls.

#### Balance Guidelines for Adults Ages 18 – 64:

2 or more days a week.

#### Examples Include:

- Weight shifts
- Single leg balance
- Heel to toe walk for 20 steps
- Walk in a straight line



### CARDIOVASCULAR

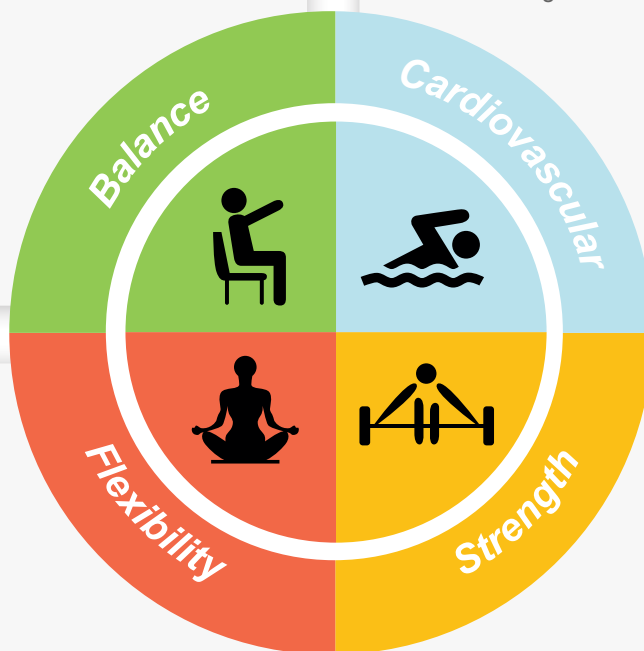
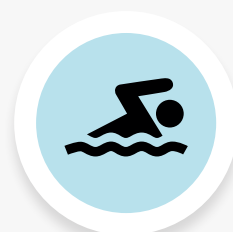
Cardiovascular exercise is anything that gets your heart pumping at an elevated rate and it improves your overall conditioning and endurance.

#### Cardiovascular Guidelines for Adults Ages 18 – 64:

30 minutes/5 times/week of moderate activity OR  
25 minutes/3 times/week of vigorous activity.

#### Examples Include:

- Walking
- Jogging
- Running
- Bike Riding
- Swimming
- Playing Sports
- Roller skating
- Skiing
- Dancing
- Zumba
- Aerobics Classes
- Jazzercise



### FLEXIBILITY

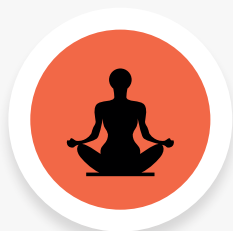
Flexibility exercise maintains and improves your range of motion.

#### Flexibility Guidelines for Adults Ages 18 – 64:

2 to 3 days a week. Stretches are performed on both sides and held for 10-30 seconds at the point of tightness or discomfort – not pain.

#### Examples Include:

- Forward lunges
- Cross-over
- Seat side straddle
- Seat stretch
- Side lunges
- Standing quad stretch
- Seat straddle lotus
- Knees to chest



### STRENGTH

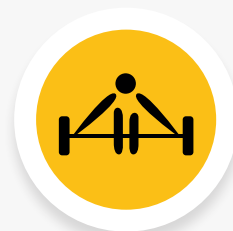
Strength or resistance exercise is comprised of shorter duration, high-intensity muscular contractions that build or maintain muscle mass.

#### Strength Guidelines for Adults Ages 18 – 64:

2 or more days a week. Work all major muscle groups to the point where another repetition is difficult: legs, hips, back, abdomen, chest, shoulders, and arms.

#### Examples Include:

- Squats
- Lunges
- Chest press
- Wall sit
- Crunches
- Hip lifts
- Planks
- Jumping jacks
- Calf raises
- Arm raises
- Arm extensions
- Weights



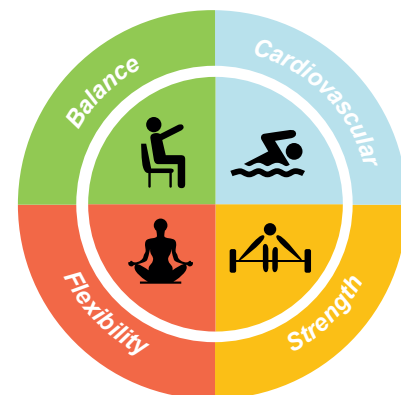
# Structured Exercise Activity Challenge



Structured exercise includes four areas to keep your body healthy and strong: cardiovascular, strength, flexibility, and balance. Meeting these science-based guidelines will improve your health and well-being. Structured exercise also contributes to your daily step count goal.

## My Pledge

I pledge to meet the Structured Exercise Activity Guidelines in each of these areas: cardiovascular, strength, flexibility, and balance. I am committed to incorporating structured exercise into my life to keep my body healthy and strong so I can Live Well.



## How the Challenge Works:

**Jot down some Structured Exercises** in these areas that you are willing to try to Meet the Guidelines.



Cardiovascular



Strength



Flexibility



Balance

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## Record your Meet the Guideline activities:

Use a **check mark in the color-coded boxes** to record the days that you incorporated  Cardiovascular,  Strength,  Flexibility, or  Balance in your day.

The Structured Activity Weekly Guidelines\* are:

**Cardiovascular:** 30 minutes/5 times/week of moderate activity OR 25 minutes/3 times/week of vigorous activity

**Strength, Flexibility, Balance:** 2 or more days a week

\*Guidelines are from the CDC, AHA, ACSM, IOM

Use a **star** to record the days you met your step count goal.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
WEEK 1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
WEEK 2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
WEEK 3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
WEEK 4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>