

# Get Active!

*Adopting a healthier lifestyle, one step at a time*

# Inactivity: An Epidemic

- The average American spends approximately 55% of waking time (7.7 hours per day) being sedentary
- Less than half of U.S. adults currently get the recommended amount of physical activity
- Globally, 1 in 4 adults is not active enough.
- Inactivity increases a person's risk of early death, heart disease, stroke, type 2 diabetes, and even certain cancers
- Physical inactivity is the 4th leading risk factor for global mortality



# Why Get Active?



Regular physical activity is one of the most important things you can do for your health. Getting active can help:

- Control your weight
- Reduce your risk of cardiovascular disease
- Reduce your risk of type 2 diabetes and metabolic syndrome
- Strengthen your bones and muscles
- Improve your mental health and mood
- Improve your ability to perform daily tasks
- Increase your chance of living longer and more!

# What is Physical Activity?

- Physical activity is any body movement that works your muscles and requires more energy than resting
- Light-intensity activities are common daily activities that don't require much effort—you're not moving enough to get your heart rate up
- Moderate-intensity activities make your heart, lungs, and muscles work harder than light-intensity activities—you're moving enough to raise your heart rate and break a sweat
- Vigorous-intensity activities make your heart, lungs, and muscles work hard—you're moving so much your heart rate increases significantly and your breathing is hard and fast

# Aerobic Activity

Moderate Aerobic Physical Activities	Vigorous Aerobic Physical Activities
Brisk walk	Jogging/Running
Leisurely bike ride	Jumping rope
Gardening	Swimming laps
Water aerobics	Aerobic dancing
Mowing the lawn	Tennis (singles match)

The **talk test** is an easy way to gauge activity intensity. Generally, if you're doing moderate-intensity activity, you should be able to talk but not sing. If you're doing vigorous-intensity activity, you should not be able to say more than a few words without stopping for a breath.

# Muscle-Strengthening Activity

## Muscle-Strengthening Activities

Weight training

Resistance band exercises

Exercises that use body weight for resistance (e.g., pushups, sit-ups)

Muscle-strengthening activities should **work all the major muscle groups**: the legs, hips, back, chest, abdomen, shoulders, and arms. No specific amount of time is recommended for muscle-strengthening, but exercises should be performed to the point at which it would be difficult to do another repetition. (A repetition is one complete movement of an activity, like lifting a weight or doing a sit-up.) Muscle-strengthening activities can be done the same day as aerobic activities but do not count toward the aerobic activity total.

# Physical Activity Guidelines for Adults

For Important Health Benefits	For Even Greater Health Benefits
150 minutes of moderate-intensity aerobic activity weekly	300 minutes of moderate-intensity aerobic activity weekly
<b>OR</b>	<b>OR</b>
75 minutes of vigorous-intensity aerobic activity weekly	150 minutes of vigorous-intensity aerobic activity weekly
<b>OR</b>	<b>OR</b>
An equivalent mix of moderate- and vigorous-intensity aerobic activity weekly	An equivalent mix of moderate- and vigorous-intensity aerobic activity weekly
<b>+</b>	<b>+</b>
Muscle-strengthening activities 2 or more days per week	Muscle-strengthening activities 2 or more days per week

Source: 2008 Physical Activity Guidelines for Americans

# Every Minute Counts

- Any physical activity is better than none—gradually increase your activity level with guidance from your healthcare provider
- You can gain health benefits from as little as 60 minutes of moderate physical activity per week
- Spread your activity throughout the week—just be sure to aim for at least 10 minutes of activity at a time





# Sitting Disease



- Just 20 minutes of sitting begins to inhibit your metabolism
- Prolonged sitting leads to poor blood circulation, which can cause varicose veins, blood clots, and even artery damage
- Sitting for 6+ hours during the workday increases your risk of anxiety and depression
- Prolonged sitting has been linked to obesity and *metabolic syndrome*—a cluster of conditions including increased blood pressure, high blood sugar, excess body fat around the waist, and abnormal cholesterol levels

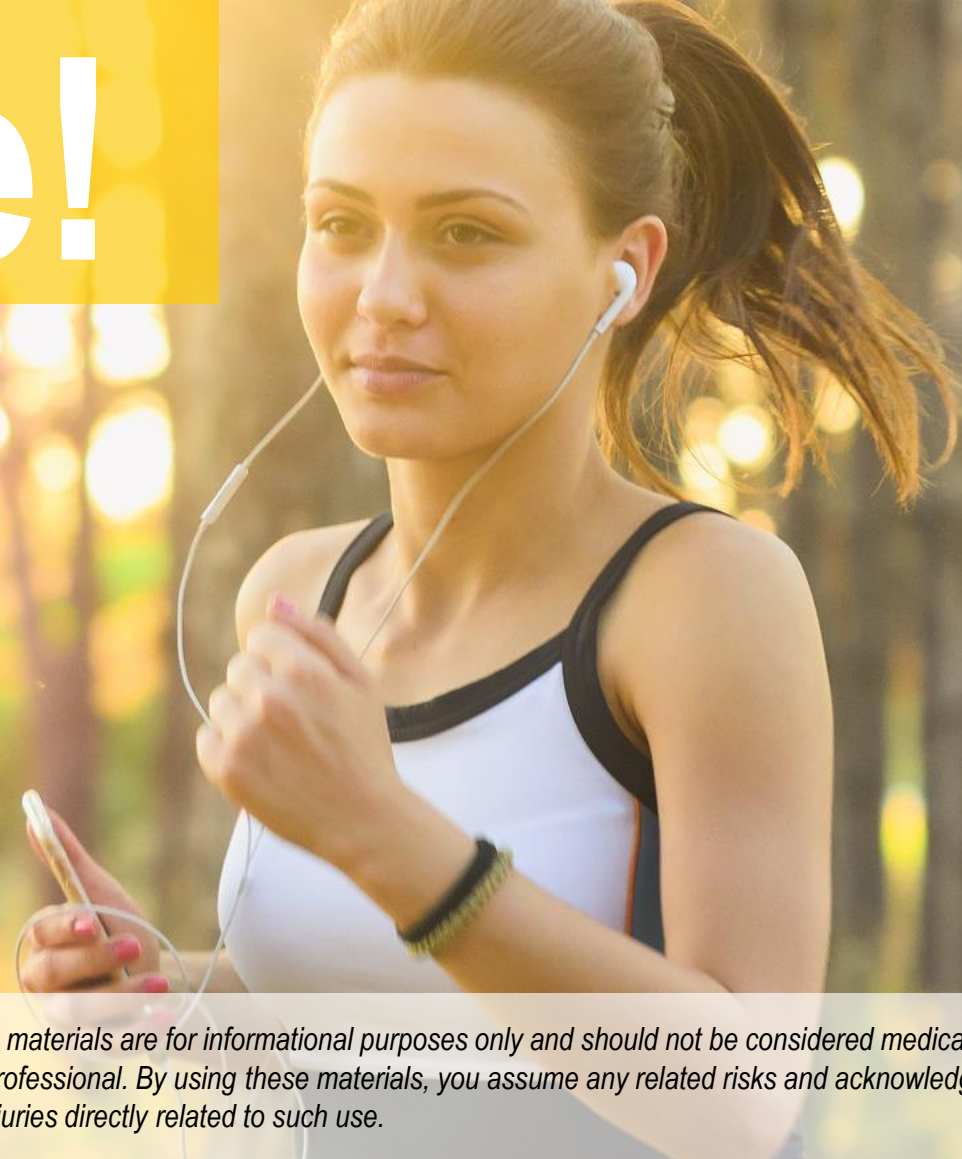
# Stand Up

Making small lifestyle changes can have a big impact on your health. Combat “sitting disease” by simply standing more!

- Alternate between sitting and standing every 30 minutes
- Stand while talking on the phone or eating lunch
- Hold a standing meeting with colleagues rather than sitting in a conference room
- Use a standing desk or work from a high table
- Get up and stretch several times a day



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# Sources

- Centers for Disease Control and Prevention ([www.cdc.gov](http://www.cdc.gov))
- JustStand.org ([www.juststand.org](http://www.juststand.org))
- Mayo Clinic ([www.mayoclinic.com](http://www.mayoclinic.com))
- National Heart, Blood, and Lung Institute ([www.nhlbi.nih.gov](http://www.nhlbi.nih.gov))
- World Health Organization ([www.who.int](http://www.who.int))