



Healthy Recreation Guidelines and Resources for the Whole Family!

Why should we exercise?

- ☑ Long term health benefits and risk reduction of many diseases
- ☑ Improved fitness and bone health
- ☑ Reduces depression symptoms in children, adolescents, and adults
- ☑ Lower risk for coronary heart disease, stroke, high blood pressure, type II diabetes, colon and breast cancer
- ☑ Decreased falls
- ☑ Increased cognition in adults
- ☑ Better pain management, function, and quality of life for those with RA, arthritis, and joint diseases

Overall benefits increase with intensity, frequency, and duration of physical activity.

What do the experts say?

The U.S. Department of Health and Human Services recommend that children engage in physical activity for at least 1 hour each day, and adults engage in physical activity for 2 1/2 hours each week to improve and sustain good health!

Key Guidelines for Children and Adolescents

Children and adolescents should do 60 minutes (1 hour) or more of physical activity daily.

Aerobic: Most of the 60 or more minutes a day should be either moderate-or vigorous-intensity aerobic physical activity, and should include vigorous-intensity physical activity at least 3 days a week.

Muscle-strengthening: As part of their 60 or more minutes of daily physical activity, children and adolescents should include muscle-strengthening physical activity on at least 3 days of the week.

Bone-strengthening: As part of their 60 or more minutes of daily physical activity, children and adolescents should include bone-strengthening physical activity on at least 3 days of the week.

It is important to encourage young people to participate in physical activities that are appropriate for their age, that are enjoyable, and that offer variety.



Key Guidelines for Adults

All adults should avoid inactivity. Some physical activity is better than none, and adults who participate in any amount of physical activity gain some health benefits.

For substantial health benefits, adults should do at least 150 minutes (2 hours and 30 minutes) a week of moderate-intensity, or 75 minutes (1 hour and 15 minutes) a week of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate- and vigorous-intensity aerobic activity. Aerobic activity should be performed in episodes of at least 10 minutes, and preferably, it should be spread throughout the week.

For additional and more extensive health benefits, adults should increase their aerobic physical activity to 300 minutes (5 hours) a week of moderate-intensity, or 150 minutes a week of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate- and vigorous-intensity activity. Additional health benefits are gained by engaging in physical activity beyond this amount.

Adults should also do **muscle-strengthening activities** that are moderate or high intensity and involve all major muscle groups on 2 or more days a week, as these activities provide additional health benefits.

Key Guidelines for Older Adults

Older adults should following the guidelines stated above for adults, in addition to the specific guidelines stated below.

The following Guidelines are just for older adults:

- When older adults cannot do 150 minutes of moderate-intensity aerobic activity a week because of chronic conditions, they should be as physically active as their abilities and conditions allow.
- Older adults should do exercises that maintain or improve balance if they are at risk of falling.
- Older adults should determine their level of effort for physical activity relative to their level of fitness.
- Older adults with chronic conditions should understand whether and how their conditions affect their ability to do regular physical activity safely.

(CDC, 2008)



Key Guidelines for Safe Physical Activity

To do physical activity safely and reduce risk of injuries and other adverse events, people should:

- ☑ Understand the risks and yet be confident that physical activity is safe for almost everyone.
- ☑ Choose to do types of physical activity that are appropriate for their current fitness level and health goals, because some activities are safer than others.
- ☑ Increase physical activity gradually over time whenever more activity is necessary to meet guidelines or health goals. Inactive people should “start low and go slow” by gradually increasing how often and how long activities are done.
- ☑ Protect themselves by using appropriate gear and sports equipment, looking for safe environments, following rules and policies, and making sensible choices about when, where, and how to be active.
- ☑ Be under the care of a health-care provider if they have chronic conditions or symptoms. People with chronic conditions and symptoms should consult their health-care provider about the types and amounts of activity appropriate for them

Key Guidelines for Women During Pregnancy and the Postpartum Period

Healthy women *who are not already highly active* or doing vigorous-intensity activity should get at least 150 minutes (2 hours and 30 minutes) of moderate-intensity aerobic activity per week during pregnancy and the postpartum period. Preferably, this activity should be spread throughout the week.

Pregnant women *who habitually engage in vigorous-intensity aerobic activity* or are highly active can continue physical activity during pregnancy and the postpartum period, provided that they remain healthy and discuss with their health-care provider how and when activity should be adjusted over time.

(CDC, 2008)



Key Guidelines for Adults With Disabilities

Adults with disabilities, who are able to, should get at least 150 minutes per week (2 hours and 30 minutes) of moderate-intensity, or 75 minutes (1 hour and 15 minutes) per week of vigorous-intensity **aerobic activity**, or an equivalent combination of moderate-and vigorous-intensity aerobic activity. Aerobic activity should be performed in episodes of at least 10 minutes, and preferably, it should be spread throughout the week.

Adults with disabilities, who are able to, should also do **muscle-strengthening activities** of moderate or high intensity that involve all major muscle groups on 2 or more days per week, as these activities provide additional health benefits.

When adults with disabilities are not able to meet the above Guidelines, they should engage in regular physical activity according to their abilities and should avoid inactivity.

Adults with disabilities should consult their health-care providers about the amounts and types of physical activity that are appropriate for their abilities.

Key Messages for People With Chronic Medical Conditions

- Adults with chronic conditions obtain important health benefits from regular physical activity.
- When adults with chronic conditions do activity according to their abilities, physical activity is safe.
- Adults with chronic conditions should be under the care of health-care providers. People with chronic conditions and symptoms should consult their health-care providers about the types and amounts of activity appropriate for them.

For more information on guidelines and recommendations, visit:

<http://www.sportsmed.org/secure/reveal/admin/uploads/documents/2009%20Winter.pdf>

CDC – Physical Activity Guidelines

<http://www.cdc.gov/physicalactivity/everyone/guidelines/index.html>

More thorough guidelines:

<http://www.health.gov/paguidelines/pdf/paguide.pdf>

(CDC, 2008)