



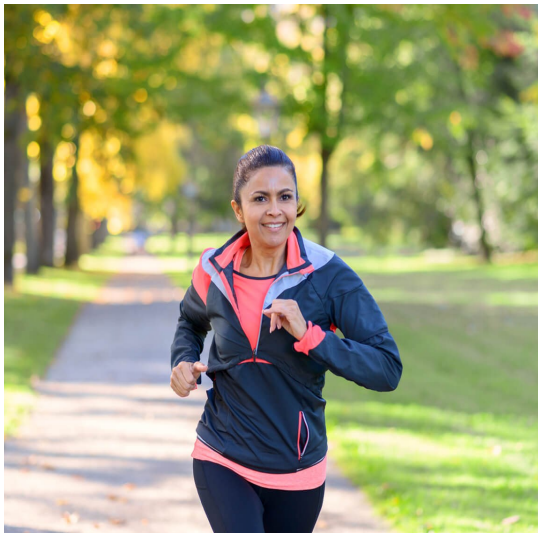
# Fall into Fitness

Week 3 Newsletter

Congratulations! You have made it halfway through the Move More Challenge! We encourage you to keep up the hard work and dedication that it takes to live an active lifestyle.

## Stepping Up Your Physical Activity Sessions

It is recommended to get at least 150 minutes of moderate-intensity activity or 75 minutes of vigorous-intensity activity each week. There are three different levels of intensity when it comes to being physically active. These intensities include: light, moderate and vigorous.



### 1. Light-Intensity

Any activity that gets your body moving and heart pumping such as folding laundry, gardening, or yoga.

### 2. Moderate-Intensity

Any activity that makes your heart rate increase and makes you breathe harder than normal. These include activities such as brisk walking, playing a sport, and dancing.

### 3. Vigorous-Intensity

Any activity that is done with a large amount of effort resulting in a substantially higher heart rate and rapid breathing. Some activities include running and swimming or riding a bike at a higher speed.

**Muscle Strengthening Activities:** Along with 150 minutes of moderate-intensity activity each week, it is also recommended that adults engage in muscle-strengthening activity at least 2 days a week. This includes doing activities that make your muscles work harder than usual such as doing push ups, squats or lifting weights.

## Break Up Your Activities

Meeting the recommendation of 150 minutes of physical activity each week does not have to be completed in one session. In fact, we encourage you to create a plan that works best for you. Break up the 150 minutes of physical activity by exercising in smaller increments throughout the week. When you break up your exercise time, you can plan to try new or different physical activities. This will make exercise more fun and motivate you to continue being active each week.



REMEMBER THAT  
ANY EXERCISE  
IS BETTER THAN  
NO EXERCISE



“ Exercise not only changes your body it changes your mind, your attitude and your mood”

### Strategies that will encourage you to be more active:

- \* **Pick an activity you like**– If you enjoy the exercise, you are more likely to stick with it.
- \* **Remember the benefits**– Each time you are being physically active, remind yourself that you are doing something that will positively benefit your health.
- \* **Identify your roadblock**– If there are things keeping you from being active, identify them and create a plan to overcome them.
- \* **Find a workout buddy**– Having someone to be active with you often holds you accountable and motivates you. Dogs make great workout companions.
- \* **Cut yourself some slack**– There will be days you do not feel up for exercising. This is totally normal and your body needs rest days as much as it needs exercise. Take the rest day, but be sure to get back on track the next day.

### Encourage your kids to be active by being active with them!

Parents plays a key role in helping their children become more physically active. Physical activity shouldn't be a chore, it should be fun!



The more the kid enjoys the activity, the more likely they will continue to be active.

**Be a role model:** Children who regularly see their parents enjoying physical activity are more likely to do so themselves.

**Play with your children:** Help them learn a new sport or another activity. Or just simply have fun together by going for a walk, hike, or bike ride.

**Make time for exercise:** Some children are overloaded with homework and other planned activities that they do not

have time to be active. Therefore, make sure your child has a convenient time and place to enjoy physical activities.

### For more information:

Belinda Rayner, Public Health Educator II  
910-814-6196



**Harnett**  
COUNTY  
HEALTH DEPARTMENT