Physical Activity and Weight Management

Physical Activity Guidelines

**Cardiovascular:**
- Moderate physical activity (2 hours 30 min/week) OR
- Vigorous physical activity 1 hour and 15 minutes/week
- Moving towards 300 min a week of moderate activity you see even more benefits.

**Strength Training:**
- 2 or more days/week major muscle groups

**Tips: You can do it!**

**Dispel myths:**
- No pain, no gain
- Need special clothes
- Too tired
- Not a member of a gym

**10-min bursts-** Do something daily

**Schedule** with fewest barriers

**Partner up**

**Make it fun & change it up**

Challenge yourself through goal setting

Out of Mind, Out of Site Syndrome

- Post your goals- EVERYWHERE you can see them daily
- Make sure it is on your daily “to-do” list
- Schedule into your calendar- even if it is in 10 min increments
- Plan your lunch for the week- use this list to shop
- Tell your friends- you are more likely to stay on track
- Join Live Healthy Nebraska