

Level 1: Daily Activity	Level 2: Disease Prevention	Level 3: Fitness & Beyond!
Move more often: “Waste” calories! Begin slow and easy, but be persistent.	Commit to regular exercise at least 150 mins or 2.5 hours each week. This level of activity typically results in heavier breathing, faster heart rate and feeling warm or sweating.	If you are ready and able, commit to more challenging, goal-oriented exercise of 60 mins or longer each day for 5-6 days each week.
Leisure walking (e.g. walking the dog)	Brisk walking (approximately 3-5 mph)	Running 10 km or longer
Taking the stairs at work	Jogging or hiking	Long-distance exercise (triathlon or cycling)
Parking farther away and walking	Biking, cycling or rowing	Power yoga (Hot Room, Bikram-style Yoga)
Playing with your children	Yoga, Pilates, Zumba, Nia or dancing	Cycling spin class
Standing work station	Basketball, soccer, tennis or racquetball	TRX, Body Pump, P-90X, circuit training, etc.
Shopping and carrying groceries	Swimming or water aerobics	Mountain climbing or rigorous hiking
Cleaning the house, garage, car, etc.	Lifting weights or climbing	Cross country ski races (e.g. Birkebeiner)
Yard work, gardening and light shoveling	Golfing (walking the course)	Competitive sports
Pedometer for daily use (10,000 steps)	Skiing and snowshoeing	Body building and strength training

## Tips for successful exercise: Make it enjoyable!

- Wear supportive shoes and make adjustments, as needed, for your comfort and safety.
- Listen to music or podcasts; make an exercise playlist.
- Watch television or a movie, talk on the phone or read something while on a treadmill or stationary bike.
- Get an exercise partner to help you keep motivated. Try the iTunes app “Human” to keep track of your steps every day!
- Join a gym, hire a trainer or sign up for a team or league such as basketball, tennis, soccer, softball, etc.
- Make your exercise a mindfulness practice: focus on your breathing and body sensations; notice your surroundings while exercising.
- Keep an exercise log or journal to keep track of what you do for how long.
- Set a goal. It could be as ambitious as running a marathon, signing up for a 5K run/walk, or as simple as getting in shape for a canoe trip.
- For good muscle health and recovery, be sure to *drink plenty of water and stretch* for at least 5 to 10 minutes after each time exercising.
- Recommended reading: The Exercise Cure: A Doctor’s All-Natural, No-Pill Prescription for Better Health & Longer Life by Jordan Metzl MD

## Do you need a cardiac stress test (ECG) before beginning an exercise program? (Always check with your physician.)

ECG exercise stress testing for asymptomatic individuals at low risk for heart disease is not recommended but may be indicated for those at a higher risk.

- You have chest pain with activity or at rest, unstable heart rhythm or ECG changes. **Yes, you may need an ECG.**
- You feel well, chest pain free and plan to begin your exercise regimen with brisk walking. **No, you likely do not need an ECG.**
- You feel well, chest pain free and have had a heart disease risk less than 10% for more than 10 years. **No, you likely do not need an ECG.**

To help determine your risk, use the Cardiovascular Disease Risk Calculator by visiting [https://www.heart.org/gglRisk/main\\_en\\_US.html](https://www.heart.org/gglRisk/main_en_US.html)

