



GETTING STARTED

WITH PHYSICAL

ACTIVITY

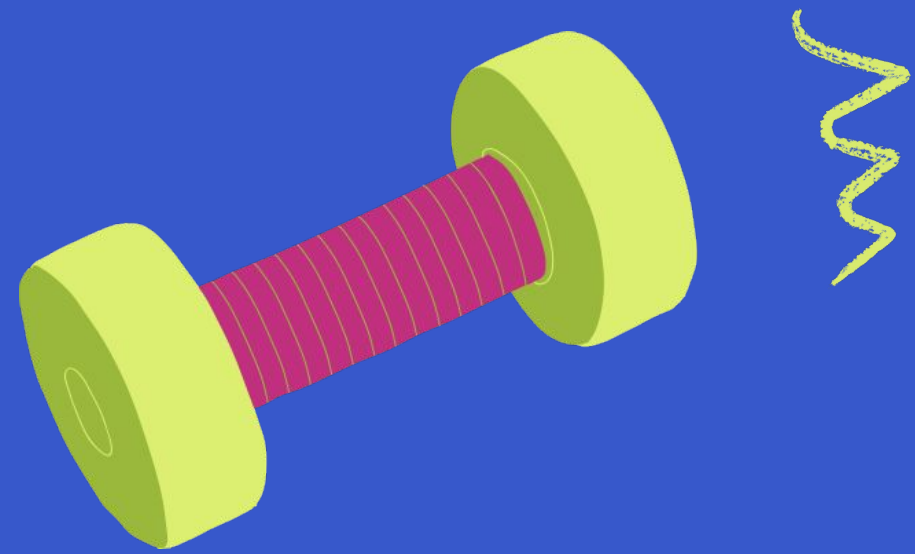




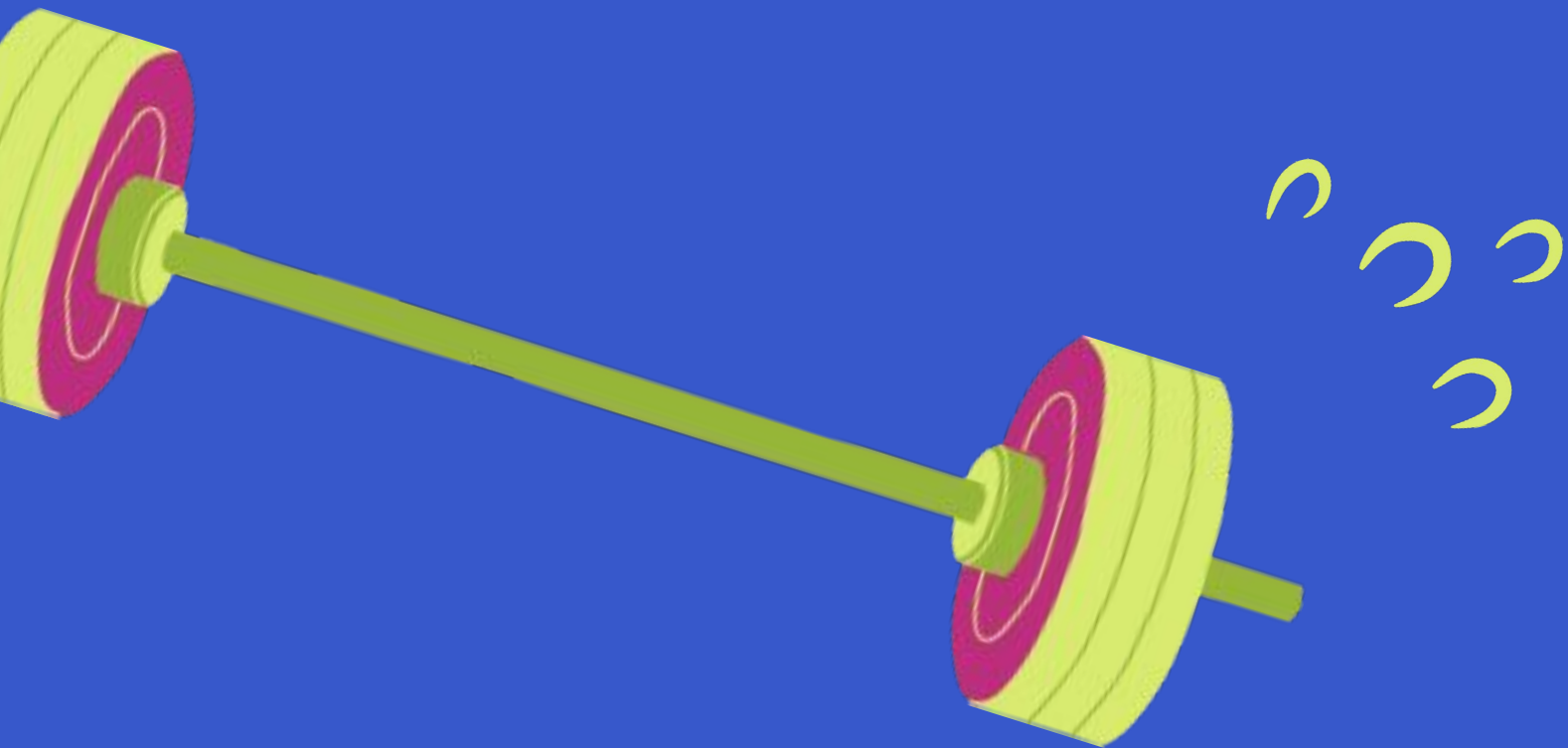
PHYSICAL ACTIVITY

- Any movement of the body that requires energy effort.
- Exercise is a type of physical activity but not every physical activity is exercise.
- Exercise is a planned, structured, and repetitive activity for the purpose of improving or maintain physical fitness.





BENEFITS



Regular physical activity provides numerous health benefits, including:

- Improved cardiovascular health (reduced risk of heart disease and stroke)
- Lower blood pressure
- Reduced risk of type 2 diabetes
- Stronger bones and muscles
- Improved mental health (reduced stress and anxiety)
- Increased energy levels
- Improved sleep quality



THINGS TO CONSIDER

- Schedule workouts
- Choose enjoyable activities
- Set realistic goals
- Be consistent
- Listen to your body
- Drink plenty of water
- Gradually increase frequency and intensity



Obstacles

Try This

I don't have time.

- Monitor your daily activities for 1 week in a diary..
- Find at least three 30-minute time slots you could use for physical activity
- Break activities into smaller time allotments

I'm too tired.

- Schedule physical activity for times in the day or week when you feel energetic.
- Add physical activity to your workday by walking during your lunch break and taking the stairs when possible

I'm not coordinated.

- Skip the dance classes that require coordination and choose activities like walking or biking instead.
- Look for online activities to do at home, where it will be OK if you are out of step with the rest of the class.

I don't want to do this alone.

- Join a group, such as a class at the YMCA or a hiking club.

My job requires me to travel.

- At airports, walk to your gate.
- Take the stairs every time you can.
- Find a physical activity you can access on a mobile device wherever you are.



TYPES OF ACTIVITY

01

Aerobic
Activity

02

Strength

03

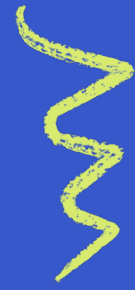
Balance &
Flexibility



AEROBIC

Aerobic activity moves your large muscles, such as those in your arms and legs. Aerobic activity is also called endurance activity. Aerobic activity makes your heart beat faster than usual. You also breathe harder during this type of activity. Over time, regular aerobic activity makes your heart and lungs stronger and able to work better.





WALKING

- Walking is free and can easily be incorporated into your daily routine. All you need to start walking is a sturdy pair of walking shoes.
- Walking has many benefits like burning calories, strengthen your heart, lowers blood sugar, increase mood, boost energy and so much more.
- Family Friendly activity



TYPES OF EXERCISE

- Running or Jogging
- Jump Rope
- Cycling
- Jumping Jacks
- Mountain Climbers
- Walking
- Swimming
- Kickboxing
- Dance/ Zumba



TIPS

- Start slowly and gradually increase the intensity and duration of your workouts.
- Choose activities that you enjoy.
- Find a workout buddy or join an exercise class for support and motivation.
- Listen to your body and rest when you need to.

AEROBIC RESOURCES



[Up to the BEat Fit](#)



[PS FIT](#)

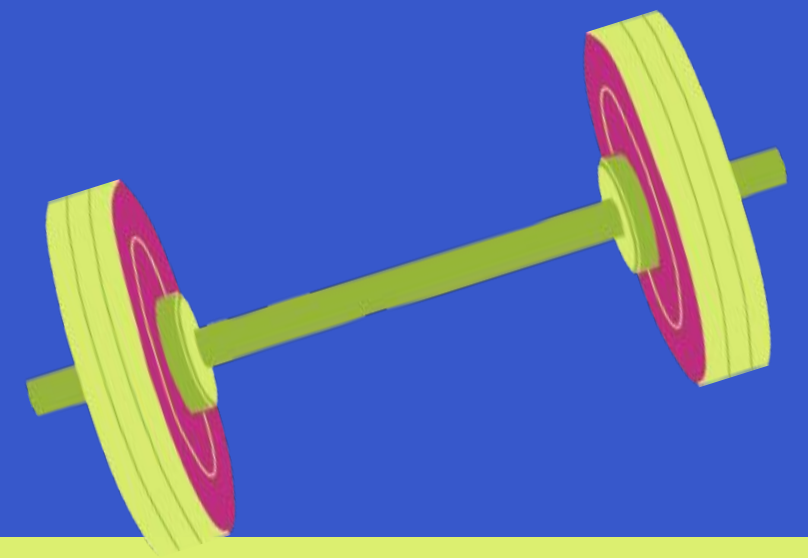
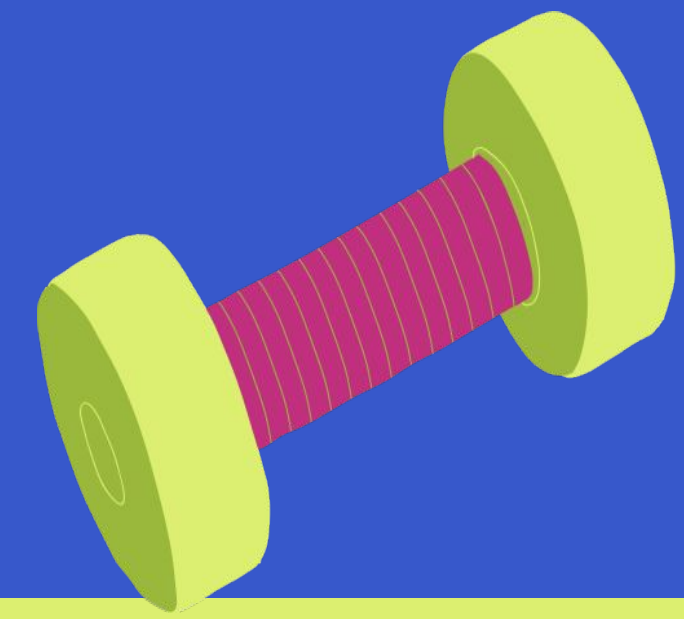


[Walk at Home](#)



MUSCLE

Muscle-strengthening activities improve the strength, power, and endurance of your muscles. Doing pushups and situps, lifting weights, climbing stairs, and digging in the garden are examples of muscle-strengthening activities.

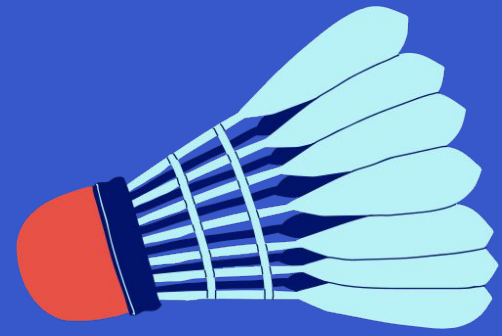


TYPES OF EXERCISE

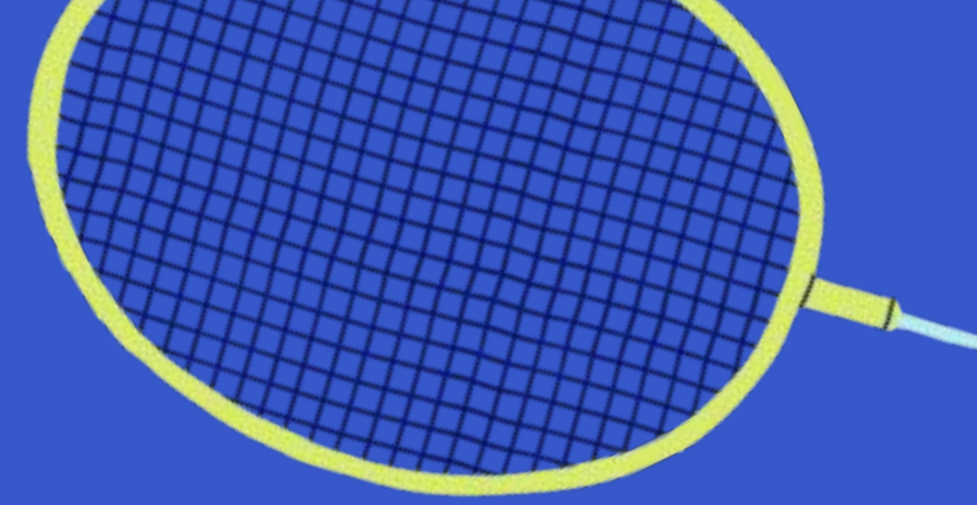
- Bodyweight exercises: These are readily accessible and can be done anywhere, with exercises like lunges, burpees, dips, and planks.
- Resistance bands: Provide variable resistance for a variety of muscle group
- Dumbbells: Can be used for weight training as well as full-body fitness

TIPS

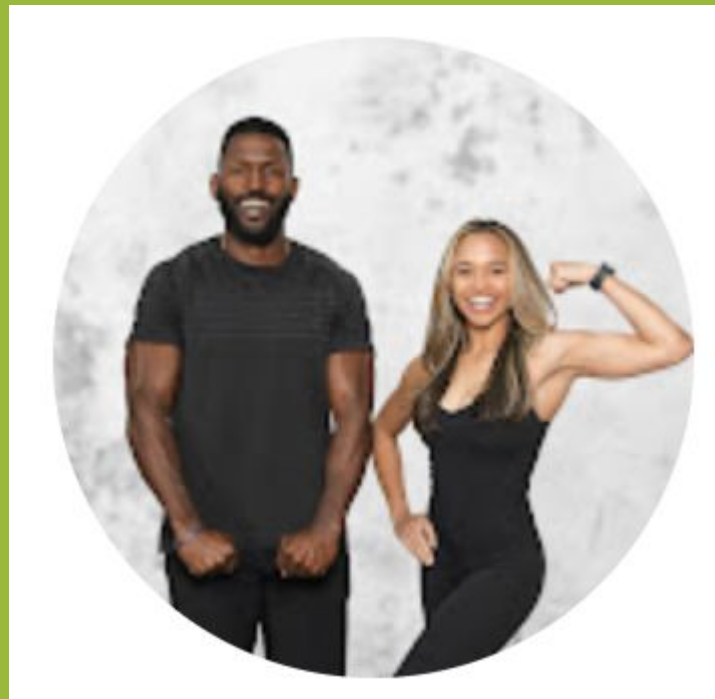
- Start with lighter weights or bodyweight exercises.
- Focus on proper form to avoid injuries.
- Gradually increase weight or resistance over time.
- Include a variety of exercises to target different muscle groups.
- Warm up before each workout and cool down afterwards.



MUSCLE RESOURCES



[Juice & Toya](#)



[Revelation Wellness](#)

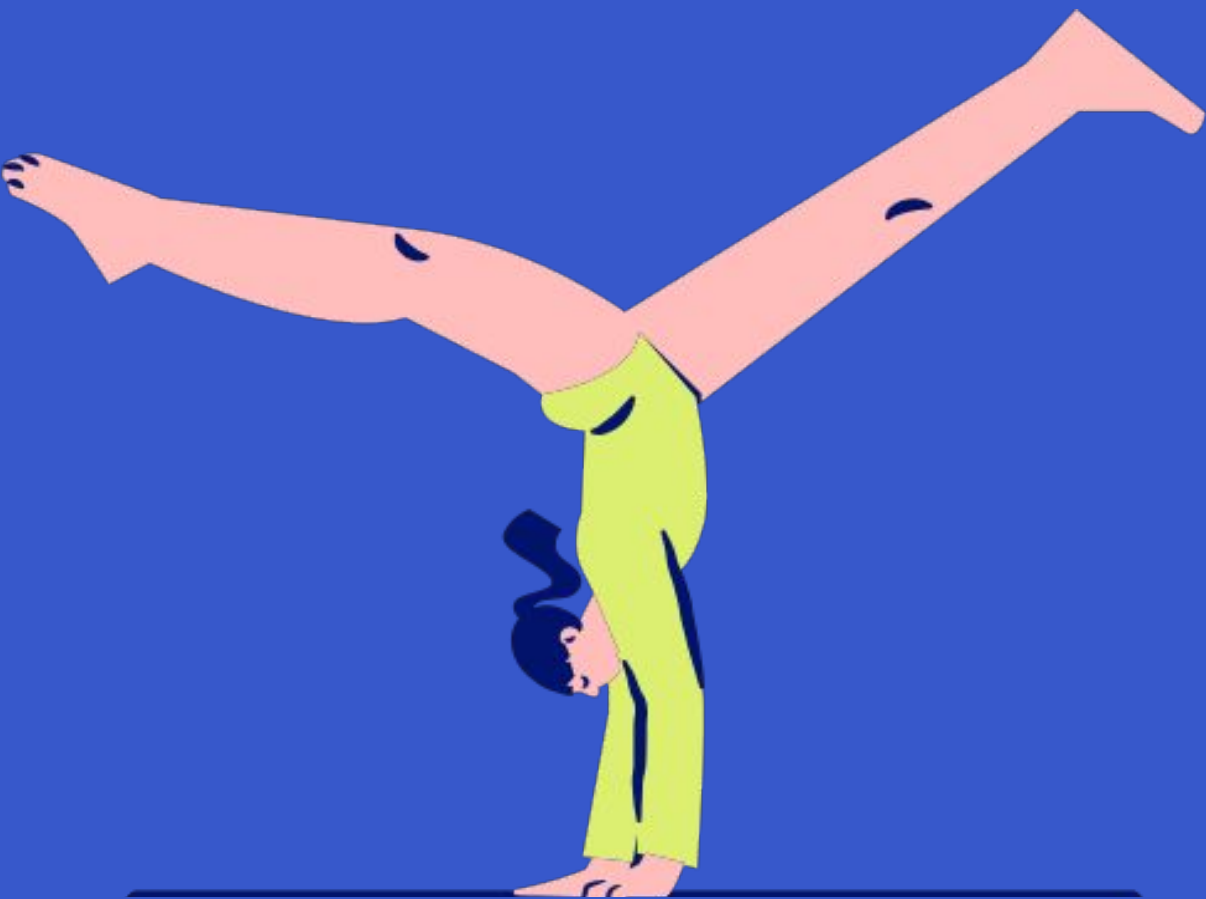
REVELATION
WELLNESS[®]

[HASfit](#)



BALANCE & FLEXIBILITY

Balance activities can improve your ability to resist forces that can make you fall, either while stationary or moving. Stretching helps improve your flexibility and your ability to fully move your joints. Touching your toes, doing side stretches, and doing yoga exercises are examples of stretching.



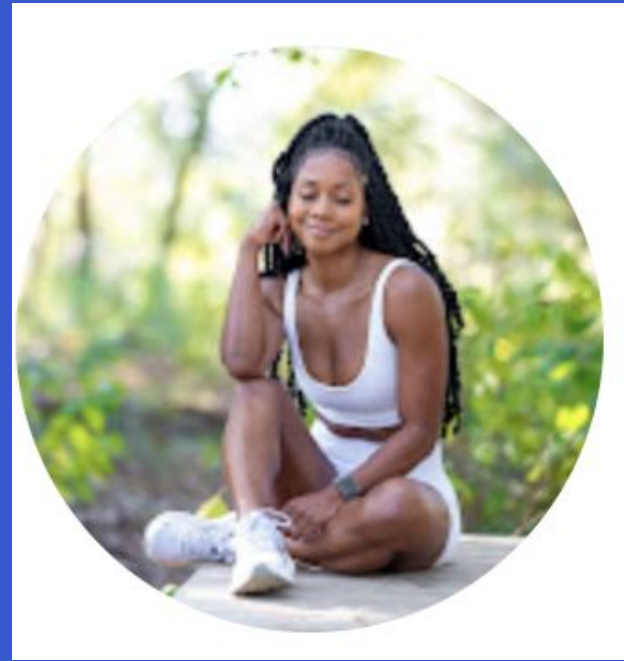
TYPES OF EXERCISE

- Balance
 - Single leg stand
 - Side leg raises
 - Weight shift
 - Sit to Stand
- Stability
 - Squats
 - Glute bridge
 - Plank
 - Toe taps

TIPS

- Start slowly and gradually increase the difficulty.
- Use a chair or wall for support if needed.
- Focus on maintaining proper posture and alignment.
- Perform exercises regularly for optimal results.

AEROBIC RESOURCES



Toni Mitchell



Mady Morrison





THANK YOU!

Write a closing statement or call-to-action here.



Resource PAGE

Use these design resources in
your Canva Presentation.

Use these design resources in
your Canva Presentation.

Titles: Luckiest Guy

Headers: Overpass

Body Copy: Overpass

You can find these fonts online
too. Happy designing!



CREDITS



Slides Carnival

This presentation template is free for everyone to use thanks to the following:

SlidesCarnival for the presentation template

Pexels for the photos

HAPPY DESIGNING!