



BUL 1131

Make Time to Move

LONG LIVE IDAHO BULLETIN SERIES

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People are healthiest in motion. Engage in physical activity every day.

Moving your body every day is important to maintain a healthy weight and to decrease your chance of developing certain chronic conditions like type 2 diabetes, heart disease, and high blood pressure. It also helps you to develop and maintain brain health throughout your lifespan, reduces the risk of developing depression and anxiety, as well as boosts your mood. Everyone needs physical activity for a healthy heart and brain and for strong bones and muscles. Developing active habits early in life and maintaining them into older adulthood helps to improve overall quality of life and the ability to perform the regular tasks of daily living.

Engage in activities that result in a quicker heart rate, more breathing, and sweating. Include muscle-strengthening activities and stretching activities to improve flexibility. It doesn't have to cost a lot to be physically active. Low-cost or no-cost activities, when done regularly, make a big difference in overall health and well-being. Choose a combination that is appropriate for your current fitness level and ability and exercise at your own pace. Any activity that gets you moving throughout the day is better than none. Be an inspiration and role model—let others see you being active.



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Low-Cost or No-Cost Physical Activities

Low-cost or no-cost physical activities to increase the heart rate:

- Brisk walking, hiking, running
- Wheelchair workouts
- Dancing
- Raking leaves, shoveling snow
- Climbing stairs
- Jumping rope
- Cardiovascular or high-intensity interval training workout videos/YouTube

Low-cost or no-cost ways to increase muscular strength:

- Resistance band or hand-weight routines
- Push-ups, sit-ups
- Pulling weeds
- Standing on one foot, planks
- Yoga videos on YouTube
- Squats, wall sits, lunges
- Mountain climbers, burpees

For more examples of low-cost or no-cost activities that you can do in five-minute increments throughout the day, check out University of Idaho Extension ECS 018 *Five for Five: Five Minutes to Better Health* (<https://www.uidaho.edu/extension/publications/ecs-0018>).



Every step counts.

Walk wherever you can instead of driving in a car. Take the stairs instead of the elevator. Park further away from your destination to add more steps. Step away from your desk or couch and walk down the hall or around the house every hour. Adjust according to your abilities. If walking is difficult, move your arms or legs while sitting.

Be active in your community.

Make activities like walking, biking, or wheelchair rolling a part of your daily routine with friends and family. Explore one of Idaho's many hiking trails, paved paths, or parks. Consider being a pet owner. Making sure your pet is active also encourages you to be more active.



Limit screen time.

Turn off TVs, computers, phones, tablets, and other screens. Substitute one hour of physical activity for one hour of screen time a day. Choose activities that you and your family and friends enjoy and be active together.



Play sports.

Whether played at school, a community center, or recreation facility, group sports are a great way to get moving and meet friends. Committing to exercising with someone else can help you stay on track. Consider basketball, tennis, pickleball, soccer, or swimming.



Stretch and breathe.

Activities to improve flexibility help make it possible for joints to move through a full range of motion. Simple tasks such as reaching your arms to the sky, arm circles, and ankle circles can be done from the comfort of a chair. Bending, reaching, and leaning from side to side are easy ways to add a little flexibility to your daily routine. Take time throughout the day to pause and breathe deeply to reduce stress and blood pressure. Place one hand on your chest and the other on your stomach. Feel them rise and fall as you take ten deep breaths and feel your body relax. Do this practice throughout the day when you take stretch breaks or before bed to calm your body and prepare for rest.



Engage in fun activities that result in a quicker heart rate, more breathing, and a little sweating.

How much activity do I need?

Being physically active helps to promote growth and development, to improve overall health, and to reduce the risk of chronic disease. The amount of physical activity you need varies, based on your life stage and abilities.

Life Stage	Daily Activity Recommendations
Preschool-aged children (3–5 years)	Physical activity every day throughout the day.
Children and adolescents (6–17)	At least 1 hour (60 minutes) of moderate-to-vigorous activity per day.
Adults (18–64)	At least 150 minutes a week of moderate-intensity activity AND at least 2 days a week of muscle-strengthening activity.
Older adults (65 years and older) and adults with varying abilities	At least 150 minutes a week of moderate-intensity activity AND at least 2 days a week of muscle-strengthening activity.
Adults with chronic conditions and/or disabilities	At least 150 minutes a week of moderate-intensity activity AND at least 2 days a week of muscle-strengthening activity. Be as active as you can if you are unable to meet the recommendations.

United States Department of Health and Human Services 2018.



Is it moderate or vigorous?

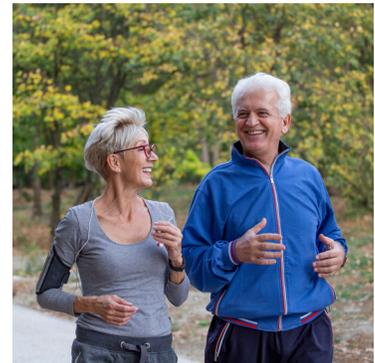
If you can talk but not sing, it is a moderate-intensity activity.

If you can only say a few words before pausing to take a breath, it is a vigorous-intensity activity.

Simple How-To

Regular physical activity can make you feel better, perform better, and sleep better. Any movements and activities performed throughout the day are better than none. Try these tips to increase your activity throughout the day and to make them a part of your regular routine.

Time of Day	Active Ideas
In the Morning	<ul style="list-style-type: none"> • Jog, walk briskly or roll (in a wheelchair) around the neighborhood • Stretch your body or do a yoga session • Do a 15-minute exercise band workout • Do sit-ups, push-ups, lunges, body squats, planks
Go to Work or School	<ul style="list-style-type: none"> • Walk, roll in a wheelchair, or ride a bike to work or school twice a week • Park a 10-minute walk or roller-skate from work or school • Take the stairs whenever possible
At Work or School	<ul style="list-style-type: none"> • Take active breaks regularly, stand up, stretch, walk/roller-skate around the building. Try setting a timer to stay on track. • Try a stand-up or walking meeting • Play outside • Try activities from ECS 018 Five-for-Five: Five Minutes to Better Health throughout the work or school day
After Dinner	<ul style="list-style-type: none"> • Walk the dog • Toss a ball or play hide-and-seek • Engage in a pickup game at a community basketball court • Play an active game of charades • Play music and dance • Make an obstacle course with items on hand and then run through it • Do sit-ups and push-ups
At Bedtime	<ul style="list-style-type: none"> • Meditate and take deep breaths • Stretch your arms and legs • Try a nighttime yoga routine



Further Reading

United States Department of Health and Human Services (HHS). 2018. *Physical Activity Guidelines for American*. 2nd ed. Washington DC: HHS. https://health.gov/paguidelines/second-edition/pdf/Physical_Activity_Guidelines_2nd_edition.pdf. 118 p.

For more tips and ideas, check out Eat Smart Idaho: In the Kitchen, <https://eatsmartidahointhekitchen.com>.

For tips on doing fun activities in five-minute regimen, check out ECS 018 Five-for-Five: Five Minutes to Better Health, <https://www.uidaho.edu/extension/publications/ecs-0018> .

For more details on physical activity guidelines and the benefits of an active lifestyle, check out *Physical Activity Guidelines for Americans* (2nd edition) at https://health.gov/sites/default/files/2019-09/Physical_Activity_Guidelines_2nd_edition.pdf.



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