



Because regular physical activity has many benefits including lowering your blood pressure, helping maintain or lower your weight, and helping prevent diseases, people often have questions about how much physical activity is enough. Keep the **F. I. T.** rule in mind the next time you're active:

- Frequency:** How **often** you do an activity. Start by doing an activity one or two days a week and slowly build up to doing an activity most days of the week.
- Intensity:** How **hard** you do an activity. Try to go at a brisk pace, but you should not feel breathless. If you are just beginning being active, start slowly for a few weeks and work your way up.
- Time:** How **long** you do an activity. Aim for 30 minutes, but it doesn't have to be all at one time. Even 10 minutes 3 times a day will help.

If you increase one part, such as **intensity**, you can decrease one of the others, such as **time**, and still get some health benefits.



## Exercise That Fits

### Just Starting Out?

Check with your doctor if...

- You are overweight.
- You are just starting out.
- You have a personal or family history of high blood pressure or heart disease.
- You have not had a checkup recently.

Check the chart inside to find an exercise that fits you. Try different activities to add variety to your routine.



	Fitness/Aerobic Classes	Basketball	Cross-Country Skiing	Cycling (Indoor)	Cycling (Outdoor)	Handball/Racquetball	Jogging	Mini-Trampoline	Rope Skipping	Rowing (Indoor)	Skating (Ice or Roller)	Soccer	Swimming (Indoor/Lap)	Tennis (Singles)	Walking	Yoga/Stretching
If you're out of shape	•			•	•			•		•	•		•		•	•
If you're in great shape	•	•	•	•	•	•	•		•	•	•	•	•	•		•
If you want to be alone				•	•		•	•	•	•	•		•		•	•
If you like company	•	•	•		•	•	•				•	•		•	•	
If you hate to sweat													•		•	•
If you love the indoors	•	•		•		•		•	•	•	•		•			•
If you love the outdoors		•	•		•		•					•		•	•	
If you have joint problems				•				•					•		•	•
If you don't have much time				•			•	•	•	•				•	•	•
If you're easily bored	•	•	•		•	•					•	•		•		
If you're competitive		•		•	•	•					•	•	•	•		
If you can't spend much \$		•					•		•			•			•	•
If you want to be flexible		•	•			•					•		•	•		•