

Beat my BMI Activity Guide

In this activity guide, you will learn about four different categories of movement that you can incorporate into your life. Additionally, you will learn about the benefits of activity, and different ways to assess your readiness to begin moving!

Aerobics

Aerobic activity aims to increase your heart rate. Some examples of aerobic activity include walking, swimming, or riding a bike.

Flexibility

Flexibility is needed for our joints to move smoothly through their full range of motion. To improve flexibility, we want to move our joints and lengthen our muscles in a controlled manner.

Strength

Strength exercises work on pushing our muscles harder than they usually work. This is done by moving our body against a resistance.

Balance

Balance is needed when sitting, standing, and moving. Having adequate balance helps prevent falls. An example of a balance activity includes standing on one foot.

Benefits of Activity

There are many benefits to being physically active. Some of those benefits include:

- Improving brain function
- Strengthening muscles and bones
- Improving sleep quality
- Improving heart and lung health
- Preventing some forms of cancer
- Improving endurance

Incorporating physical activity into our lives makes us healthier in so many ways!

Am I Safe to Exercise?

You may need to check with your doctor prior to starting an exercise routine. The PAR-Q+ can be used to assess readiness to begin exercise. The form is attached below, and you can access it with [this link](#).

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In this activity guide, you will see examples of exercises to perform for each of the different categories of movement. Additionally, the American College of Sports Medicine guidelines are listed.

If you cannot reach those targets yet, don't worry!

The more you practice, it will be easier to exercise for longer periods of time. Remember: **Move More, Sit Less!**

Aerobics

- Fast Marching
- Twist and Punch
- Sit to Stand

Flexibility

- Upper Back Extension
- Lower Back Rotation
- Hamstring Stretch

Strength

- Body Weight Squat
- Front Lunges
- Bicep Curl and Press

Balance

- Slow Marching
- Side Kicking
- Side Stepping
- Single Leg Stance

Levels of Activity

Light You can maintain activity for hours

Moderate You can hold a conversation

Vigorous You are breathing heavily

Equipment

Some things that you may need during physical activity may include:
a sturdy chair without wheels
food cans or other weighted objects that you can lift over your head
water to hydrate!

Goals

ACSM Guidelines

30 minutes of moderate activity
5x per week

Aerobics 20 - 30 minutes per day
3 - 5 x per week

Flexibility Stretch key muscles at least
2 - 3 x per week

Strength 3 sets of 10-15 repetitions
At least 2 x per week

Balance 3-5 sets of 30 seconds
At least 2 x per week