



Scale Back Alabama 2017: Health Tip - Week 2

EXERCISE - BE FITT

For health benefits, the Physical Activity Guidelines for Americans recommends that adults get 150 minutes each week of moderate-intensity aerobic physical activity, or 75 minutes of vigorous intensity physical activity per week. Try dividing the time between 5 days (30 Minutes/Day), and then breaking up your activity into 10-15 minute blocks to be done throughout the day. Taking a brisk walk during your lunch break each day can help you meet your goals! A simple way to remember these guidelines is to Be FITT: Frequency (3-5 Times/Week), Intensity (Moderate to Vigorous), Time (30 min. per day/150 min/week), and Type (You choose the variation of exercise for your body!) Remember to check with your physician before starting an exercise program. For other resources to help guide you on your path to being FITT, click [here!](#)

INCLUSION TIP: Being FITT applies to all! Adults and youth of all shapes, sizes and abilities can benefit from being physically active, including those with a disability. [The Physical Activity Guidelines \(PAG\) for Americans](#) apply in the same manner to those with a disability. If a person with a disability is not able to meet the physical activity guidelines, they should engage in regular physical activity based on their abilities and should avoid inactivity. For inclusive physical activity and healthy living video ideas, check out <https://www.youtube.com/nchpadorg>.

Tips for Getting FITT:

1. Talk to your doctor about how much and what kind of physical activity is right for you.
2. Find ways to increase your level of physical activity that meets your needs, abilities and interests.
3. If you are sedentary or previously sedentary, start slow and increase your activity over time. Try 10 minutes of activity and slowly increase up!
4. Avoid inactivity. Some movement is always better than none!

MYTH: Lifting weights won't help me lose weight; it will cause me to "bulk up."

FACT: Doing strengthening activities like lifting weights on a regular basis can build strong muscles that will help you to burn more calories. To strengthen muscles you can lift weights, use resistance bands, do push-ups or crunches, and do household activities that cause you to lift or dig.

WEEKLY RECIPE:

[Turkey Meatloaf](#)

HEALTHY LIFESTYLE BEHAVIORS TRACKER:

(check when behavior added)

- Set SMART Goal
- Exercise - Be FITT

FAMILY FOCUS

Taking time to be active as a family can help lay the basic foundations in life about living a healthy lifestyle. Children tend to model the actions and lifestyle of their parents. Parents who eat healthy and exercise regularly are teaching their children valuable life lessons that will carry them into adulthood. Be creative and have fun!