



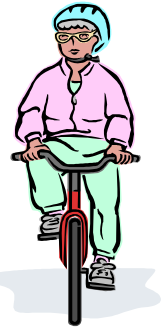
EXTENSION

Institute of Food and Agricultural Sciences

Living Actively for Good Health: My Action Plan¹

Jennifer Hillan²

Physical activity is important for good health. And it's not limited to vigorous exercise classes or team sports!



Put a check next to the activities you do most days of the week and write down how long you do each activity. Then turn the page over to develop your personal plan for an active lifestyle.

- Walking briskly, Climbing stairs, Bicycling, Dancing, Swimming, Jogging, Team sports, Gardening/yard work, Skipping rope, Active household chores, Roller blading or skating, Other activities you do most days of the week.

Total time: minutes

1. This publication is FCS8758-Eng, one of a series of the Department of Family, Youth and Community Sciences, Florida Cooperative Extension Service, Institute of Food and Agricultural Sciences, University of Florida. Publication date: August 2002. Reviewed by Isabel Valentin-Oquendo, MS, RD, LD/N, Department of Family, Youth and Community Sciences. Please visit the EDIS Web site at http://edis.ifas.ufl.edu
2. Jennifer Hillan, MSH, RD, LD/N, coordinator, Educational/Training Programs, Department of Family, Youth and Community Sciences, Cooperative Extension Service, Institute of Food and Agricultural Sciences, University of Florida, Gainesville, 32611.

The Institute of Food and Agricultural Sciences is an equal opportunity/affirmative action employer authorized to provide research, educational information and other services only to individuals and institutions that function without regard to race, color, sex, age, handicap, or national origin. For information on obtaining other extension publications, contact your county Cooperative Extension Service office. Florida Cooperative Extension Service / Institute of Food and Agricultural Sciences / University of Florida / Christine Taylor Waddill, Dean

For good health, we should be active at least 30 minutes most days of the week. If you met that goal, congratulations! If not, how can you improve your physical activity level?

Make a plan to improve your health by checking the activities you'll do most days of the week. Then write down how long you will do each activity.

Be realistic! If you are currently inactive, start slowly with one or two activities for 5 or 10 minutes. You can gradually increase your time later.

- | | | | |
|---|---------------|---|---------------|
| <input type="checkbox"/> Walking briskly | _____ minutes | <input type="checkbox"/> Skipping rope | _____ minutes |
| <input type="checkbox"/> Climbing stairs | _____ minutes | <input type="checkbox"/> Active household chores
(vacuuming/mopping) | _____ minutes |
| <input type="checkbox"/> Bicycling | _____ minutes | <input type="checkbox"/> Roller blading or skating | _____ minutes |
| <input type="checkbox"/> Dancing | _____ minutes | | |
| <input type="checkbox"/> Swimming | _____ minutes | Other activities you'll do most days of the week: | |
| <input type="checkbox"/> Jogging | _____ minutes | <input type="checkbox"/> _____ | _____ minutes |
| <input type="checkbox"/> Team sports
(basketball/volleyball) | _____ minutes | <input type="checkbox"/> _____ | _____ minutes |
| <input type="checkbox"/> Gardening/yard work
(including mowing
with a push mower) | _____ minutes | <input type="checkbox"/> _____ | _____ minutes |
| | | <input type="checkbox"/> _____ | _____ minutes |

Total time: _____ minutes

If I reach my physical activity goal, I will reward myself by _____.



Talk with your health care provider before increasing your physical activity if:

- you are an inactive man over age 40 or inactive woman over 50 planning to start **vigorous** activity
- you have diabetes, heart disease, or another chronic health condition
- you are at high risk for heart disease