



Physical Activity Challenge

“Rewards for Wellness”

The *State of Rhode Island Physical Activity Challenge* allows you to choose any physical exercise activity that you enjoy and that will keep you motivated and moving. Whether you like to walk, hike, swim, bike, run, dance, play sports, whatever type of exercise you do counts!

Benefits of regular physical activity:

- Be healthier
- Increase my chances of living longer
- Have less chance of becoming depressed
- Have stronger muscles and bones
- Help me stay at or get to a healthy weight
- Be with friends or meet new people
- Feel better about myself
- Be in shape
- Get around better
- Help me look good
- Sleep better at night
- Enjoy myself and have fun

When you are not physically active, you are more likely to:

- Get heart disease
- Get type 2 diabetes
- Have high blood pressure
- Have high blood cholesterol
- Have a stroke

Calories used in common physical activities:

Activity	Calories a 154 lb person burns in 30 minutes	Calories a 154 lb person burns in 60 minutes
Hiking	185	370
Light gardening/yard work	165	330
Dancing	165	330
Golf (walking and carrying clubs)	165	330
Bicycling (<10mph)	145	290
Walking (3.5 mph)	140	280
Stretching	90	180
Weight lifting (light workout)	110	220
Running/jogging (5mph)	295	590
Bicycling (>10mph)	295	590
Swimming (freestyle laps)	255	510
Aerobics	240	480
Heavy yard work (chopping wood)	220	440
Basketball (vigorous)	220	440
Weight lifting (vigorous)	220	440

Getting Started

Exercise can help you feel better, look better and maybe even live longer. But sometimes it's hard to get started. Getting fit doesn't have to mean spending hours at the gym or running laps until you drop. Physical activity is anything that gets your body moving. It's generally recommended that adults get 30 minutes or more of physical activity on most days of the week. If you have not been active in some time, start at a comfortable level and add a little more activity as you go along. Some people find that getting active with a friend makes it easier to get started.

But what if I don't have the time?

Walk during a break. Dance in the living room to your favorite music. Play tag with your kids. Walk briskly with your dog for 10 minutes or more. It all adds up! If you find it hard to squeeze 30 minutes of physical activity all at once, you can break it up into smaller chunks of time during the day- as long as you're doing your activity at a moderate or vigorous effort for at least 10 minutes at a time.

Staying Safe and Avoiding Injury

Physical activity is generally safe for everyone. People who are physically fit have **less** chance of injury than those who are not fit. The health benefits you gain from being active are far greater than the chances of getting hurt. Being inactive is definitely not good for your health.

Here are some things you can do to stay safe while you are active:

- If you haven't been active in a while, start slowly and build up.
- Learn about the types and amounts of activity that are right for you.
- Choose activities that are appropriate for your fitness level.
- Build up the time you spend before switching to activities that take more effort.
- Use the right safety gear and sports equipment.
- Choose a safe place to do your activity.
- See your doctor or another health care provider if you have a health problem.

Do it your way.

- Pick an activity you like and one that fits into your life.
- Find the time that works best for you.
- Be active with friends and family. Having a support network can help you keep up with your program.
- There are many ways to build the right amount of activity into your life. Every little bit adds up and doing something is better than doing nothing!