

BLACK HISTORY MONTH and the American Experience



**African American Health Coalition, Inc.**



**Add activity to your daily routine and feel more energetic!**

*Being physically active is important. It can help you feel better and improve your health. There are many fun things that you can do to be active by yourself or with family or friends. Children and adults should do 30 minutes or more of moderate physical activity each day. You can do 30 minutes all at once or 10 minutes at a time, three times a day. If you are not used to being active, start out slowly and work up to 30 minutes a day. Add more activities for longer periods of time as you begin to feel more fit, or add some vigorous activity.*



**Improve your outlook!**

*Physical activity can be your solution to feeling tired, bored, and out of shape. With more physical activity you may feel less stressed!*

**Physical activity can also:**

- make you feel more energetic
- help you lose weight and control your appetite
- help you sleep better
- lower your chance for diabetes
- lower your chance for a stroke
- lower your blood pressure
- improve your blood cholesterol levels



**Move your body!**

*Change your habits by adding activity to your daily routine. Any movement you do burns calories. The more you move, the better. Check out some of these simple activities to get you started today.*

**To perk up:**

- Get up 15 minutes earlier in the morning and stretch.
- Jog in place.
- Ride your stationary bike while watching TV.
- Workout along with an exercise video.



**To do a quick workout:**

- Use the stairs instead of the elevator.
- Walk to the bus or train stop.
- Walk to each end of the mall when you go shopping.
- Park your car a few blocks away and walk.

**To have fun:**

- Play your favorite dance music. Do the old steps you love—add some new moves.
- Jump rope or play tag with your kids or grandkids.
- Use hand-held arm weights during a phone conversation with a friend



**Are you ready to get active?**

- You can start being physically active slowly if you do not have a health problem.
- If you have a health problem, check with your doctor before starting a vigorous exercise program.

**Create a healthier you!**

*Choose one activity from the list of moderate or vigorous activities above and get started for a healthier you! Get a pencil and write your answer below.*

My goal is to \_\_\_\_\_ for at least  
(write one favorite activity here)

\_\_\_\_\_ minutes \_\_\_\_\_ times each week.  
(minutes per day) (number of times)



**What's the best type of physical activity for you?**

*The best type is the one or two that you will do! Pick an activity that you enjoy doing and one that will fit into your daily routine. Start with moderate levels of activity and work your way up!*

**Moderate level of activity**

*Moderate Activities: Here's a good place to start. Moderate activities such as walking and climbing stairs for 10 minutes, three times a day can improve your health. Pick a few things to try from the list below.*

- walking
- gardening
- dancing
- vacuuming
- raking leaves
- climbing stairs
- bowling



**Vigorous level of activity**

*Vigorous Activities: You can increase to this higher level as you become more fit. You get additional health benefits from doing vigorous activity. If you are already at this level, keep up the good work!*

- bicycling
- jogging/running
- swimming
- marching in place
- doing aerobics
- playing sports (basketball, football, soccer, baseball)



**Make staying physically active a lifelong habit!**

**Make it a family thing.**

*Work out with your family, friends, or neighbors. Teaming up with a partner keeps you both motivated.*

**Make it a religious thing.**

*Start a physical activity group at your church.*

**Make it a work thing.**

*Keep a pair of walking shoes at your job. Hook up with a coworker and use part of your lunch time or breaks to be active. Challenge each other to better health.*



**Make Physical Activity A Habit**

*Track your daily progress. Start out slowly. Soon you will reach 30 minutes or more a day!*

Write in the log the number of minutes you are active each day:							
	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Example Week 1	10	15	15	20	20	30	30
Example Week 2	30	OFF	30	30	OFF	30	30
Example Week 3	30	30	OFF	30	30	30	OFF
Week 4							
Week 5							
Week 6							
Week 7							
Week 8							



**U.S. Department of Health and Human Services**  
Public Health Service  
National Institutes of Health  
National Heart, Lung, and Blood Institute  
NIH Publication No. 97-4064  
September 1997



For more information contact AAHC at 503-413-1850 or visit the AAHC website at [www.aahc-portland.org](http://www.aahc-portland.org)