

EXERCISE FOR BUSY PEOPLE

EXERCISE BASICS

- EXERCISE BASICS
- EXERCISE AT HOME
- WALK FOR FITNESS



So, you don't have time for an hour-long aerobics class? You can't squeeze in thirty to forty minutes on the treadmill? That's O.K. Recent research has shown that getting the exercise our bodies need is a lot easier—and quicker—than we once thought.

LOOK AT EXERCISE IN A NEW WAY

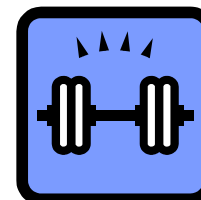
Take it easy. Many experts now say that moderate exercise can benefit you as much as intense exercise.

Get your exercise in bit by bit. Recent research has shown that you don't have to fit your daily exercise into one session. Instead, you can split your workout into short sessions spread throughout the day.

THREE PART EXERCISE PROGRAM

To be complete, your exercise program should combine the three types of exercise discussed here.

1. **Aerobic (at least 20 minutes a day).** Aerobic exercise is any activity that raises your heart rate. Aerobic exercise is rhythmic, can be done without stopping and uses large muscles in your arms, legs and back.
2. **Strength-Building (5-10 minutes a day).** Strength-building exercises work a certain muscle or muscle group to build muscle mass and increase strength.
3. **Stretching (5-10 minutes a day).** Stretching exercises are movements that lengthen and loosen muscles and joints.



It's important to combine all three parts to make a complete fitness program successful.

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EXERCISE AT HOME

Your home is probably one of the best places to exercise. You don't waste time traveling to a gym, you can wear whatever you want, and best of all, it's free.

FINDING THE TIME

- Get up a little earlier and workout while the rest of the household is still asleep.
- If you're a parent, get involved in your children's sports activities. Play soccer at the park or join them at the neighborhood skating rink.
- Never drive when you can walk. Walk to the store (bring a backpack to carry groceries), the post office or your doctor's office. If you can't walk the whole distance, drive part way and walk the rest.
- Move a little faster and add extra moves when you do household chores. Not only will you give your body a workout, you'll get your work done faster.

AEROBIC EXERCISES

If you raise your heart rate and use the large muscles in your arms, legs and back, almost any kind of housework can be aerobic. Good possibilities for at-home aerobic exercise include:

- Running the vacuum cleaner
- Mopping the floor
- Washing windows
- Mowing the lawn
- Raking leaves

WALK FOR FITNESS

Walking is one of the most popular forms of exercise—and for good reason. You don't need any special equipment. It's easy on your bones and joints. And, it fits into even the busiest schedules.

Spend time with your kids. Teach your kids good health habits and get fit at the same time. Push babies and toddlers along in

their strollers. Let older kids ride along side on their bikes.

Learn something new. You can get audio-tapes on almost any subject. Learn a foreign language, listen to a speaker or entertain yourself with a good story. When you are done, pass the tape on to a fellow walker.

Enjoy a hobby. Are you interested in wild-life? Take a nature walk. Do you like to shop? Cruise around the local mall. Whatever you do, chances are, you can do it while you walk.

Get to work. Walking to work is a great way to fit exercise into your daily schedule. If you can't walk the entire distance, walk part of it. Try getting off the bus a stop or two early or parking far away.



Power Walking

- With each step, land on your heel and roll through to your toes. Lead with your chest and pull in your stomach.
- Bend your arms at the elbow and let them swing as naturally as possible.
- To improve the workout, take more (not longer) steps.

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