Build Strength and Endurance

Muscle-building exercises include:
- Sit-ups
- Push-ups
- Pull-ups
- Wall push-ups
- Hand-held weights
- Weight machines

Sneaking in Exercise

- Take the stairs instead of the elevator.
- Walk faster.
- Park further away from the store or work.
- Take stretch breaks.
- Walk whenever you can.

Don’t Forget to

- Warm-up — Muscles warm up and the heart begins to beat faster
- Conditioning — Exercising
- Cool down — Muscles recover with minimal soreness and stiffness

For more information on fitness and health, contact:

Visit the UT Health and Safety Web site at http://fcs.tennessee.edu/healthsafety

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Programs in agriculture and natural resources, 4-H youth development, family and consumer sciences, and resource development. University of Tennessee Institute of Agriculture, U.S. Department of Agriculture and county governments cooperating. UT Extension provides equal opportunities in programs and employment.
Why is Exercise Important?

Exercise helps you
✓ Have more stamina, both physically and mentally.
✓ Cope with stress better.
✓ Have less trouble sleeping.
✓ Control diseases like diabetes and high blood pressure.
✓ Maintain a healthy weight.
✓ Build up your immune system.

Choose Exercise That’s Right for You

✓ Set realistic goals.
✓ Start slowly and gradually step up the pace.
✓ Make it convenient.
✓ Develop a daily plan.
✓ Make it fit your schedule.
✓ Choose activities you enjoy.

Components of Fitness

✓ Aerobic conditioning — strengthens your heart and lungs.
✓ Flexibility — stretch often during the day.
✓ Strength — important for posture and injury prevention.

Your F.I.T.ness Prescription

Frequency — be active every day.
Intensity — moderate and low intensity exercise is good for you.
Time — at least 30 minutes daily five or more days a week.

Aerobic Conditioning and Target Heart Rate

To strengthen your heart, you need to exercise within your target heart rate range. The target heart rate range is 60 to 80 percent of your maximum heart rate. To calculate your target heart rate range, use this simple formula: subtract your age from 220 (maximum heart rate) and multiply the result by 60 percent or 80 percent. Or use the Target Heart Range chart below.

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