

## Physical Activity

### Getting Started

If you are new to physical activity, start with shorter sessions and work your way up to longer sessions. Start with sessions as short as five minutes. As you get stronger and become more physically active, increase your sessions to ten minutes, then fifteen minutes, and so on. If you feel like you do not have time or energy for a full session, divide it into shorter sessions. You could benefit from three 10-minute sessions daily if one 30-minute session does not work for you.

### Follow these three steps to increase your physical activity and reduce your cancer risk.

- Limit sedentary activities by adding activity breaks every hour while awake.
- Aim for physical activity most days of the week. Based on your health goals, consider at least:
  - 150-250 minutes of moderate physical activity each week.
  - 75 minutes of vigorous physical activity each week.
- Include muscle strengthening at least two days per week.

### Activity breaks to consider include:

- Using the stairs instead of elevators
- Taking a walk
- Standing up from your chair and marching in place.

During moderate activity, you should be a little out of breath and feel your heart beating a little faster. You should be able to talk in short sentences but not sing. During vigorous activity, you should be breathing more rapidly and only able to speak a few words at a time. The table below gives some examples of moderate and vigorous activities.

Moderate Activities	Vigorous Activities
<ul style="list-style-type: none"> <li>• Brisk walking (17-minute miles)</li> <li>• Dancing</li> <li>• Slow swimming</li> <li>• Golf (without a cart)</li> <li>• Weight lifting</li> <li>• Gardening</li> <li>• Yoga</li> <li>• Cycling</li> <li>• Pilates</li> </ul>	<ul style="list-style-type: none"> <li>• Fast walking (12-minute miles)</li> <li>• Running</li> <li>• Tennis</li> <li>• Fast cycling</li> <li>• Basketball</li> <li>• Racquetball</li> <li>• Gymnastics</li> <li>• Swimming laps</li> <li>• Aerobics</li> </ul>

**Strength training is a physical activity that provides resistance against a force.**

## Examples of strength training include:

- Using resistance bands to perform shoulder presses
- Using your own body as a weight to perform walking lunges
- Using free weights to perform bicep curls
- Using a weight machine to perform leg presses

Rest 24-48 hours after performing total body strengthening exercises. This allows for proper recovery of muscles. You can stretch out muscle strengthening activities throughout the week by alternating activities by muscle groups on consecutive days. For example, you could perform upper body strengthening one day and the next day focus on lower body strengthening.

## Resources and Support

### American College of Sports Medicine (ACSM)

<http://www.acsm.org>

ACSM is the largest sports medicine and exercise science organization in the world. They are dedicated to providing educational applications of exercise science with the purpose of advancing health through science, education and medicine.

### The American Cancer Society

<http://www.cancer.org>

Find information on cancer prevention, treatment and support.

Date	Type of Exercise/Activity	Effort (High, Moderate or Light)	Total Minutes	How I Felt