



# GET ACTIVE AND MOVE!

*Regular physical activity is important to everyone's physical and mental health. It has been scientifically proven that it helps to reduce the risk of diabetes, heart or respiratory diseases, and to control them if they already suffer from it. Adults who are physically active can continue to do what they enjoy and maintain their independence as they age.*

## 4 TYPES OF PHYSICAL ACTIVITY

### 1 Endurance or aerobic:

- Walk, jog or dance
- Work in the garden
- Ride a bicycle
- Climb stairs



### 2 Strengthening of muscles and bones (Twice a week, 8-12 repetitions)

- Lifting weights or household items (gallon or plastic bottles with water, hand-sized food cans, balls)
- Use resistance bands (elastic)



### 3 Balance

- Stand on one foot behind a chair
- Walk from heel to toe



### 4 Flexibility

- Stretch of shoulders, arms, calves
- Yoga



#### INTENSITY LEVELS:

- **Light:** can talk and sing (light housework, standing, biking at 5 mph or less)
- **Moderate:** can speak, not sing (walk at 3 mph, ballroom dance, bike at 10 mph or less)
- **Vigorous:** cannot speak easily (jogging, running, cycling over 10 mph)

#### RECOMMENDATIONS:

- Avoid physical inactivity.
- Accumulate at least 30 minutes a day of moderate activity or 15 minutes a day of vigorous activity per week or combination of both at least 3 times a week in 10 minute periods.
  - \* To lose weight, reach 60 to 90 minutes most days of the week
- Check the intensity and frequency with your doctor. Start slowly.
- Keep a balance on what you consume; consult a Nutritionist/Dietitian.
- Keep track of calories burned using technology (apps or smart watches).

#### BENEFITS:

- Achieve healthy weight
- Reduce risk of depression
- Lower blood pressure and triglycerides, raise good cholesterol
- Control blood glucose and insulin

#### CALORIES BURNED PER HOUR:

Activity	Calories Burned per Hour
Walk (with energy)	220-391
Cycle	220-310
Aerobic dance	330-460
Basketball	330-460
Gardening	275-385

References: [www.choosemyplate.gov](http://www.choosemyplate.gov) • <http://nutricionpr.org> • <https://www.who.int/news-room/fact-sheets/detail/physical-activity> • [www.eatright.org](http://www.eatright.org) • <https://www.usda.gov> • <https://www.cdc.gov/physicalactivity>

**FOR MORE INFORMATION,** contact your doctor or call us at the **Beneficiary Services** Center at:

**1-844-336-3331** | **787-999-4411**  
TOLL FREE | TTY (HEARING IMPAIRED)  
**MONDAY THROUGH FRIDAY: 7:00 A.M. TO 7:00 P.M.**



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