

Focus on your *Health*

*we're
all about
you*



Move It to Lose It

Staying active is an important part of staying healthy. Overweight or obese people are more likely to have health problems. To avoid the health problems that can come through excess pounds, use some of the calories you take in. Burn them up with physical activity. (Remember, you should always check with a health care provider before starting any exercise program.)

If you haven't been active, you won't want to start out by running a marathon. You'll want to build up slowly so you keep at it. If you have been active, you might want to step up your activity level to increase your fitness level.

Now that the weather is getting better in many parts of the country, it's time to turn off the television and get outside. Take your kids for a walk or a bike ride. Go to the park and play Frisbee or run with the dog. Outdoor physical activity is good for the heart and soul.

The National Institutes of Health gives the following handy activity chart. Each of the activities burns about 150 calories.

Examples of Moderate Amounts of Physical Activity*

Common Chores	Sports Activities	
Washing and waxing a car for 45-60 minutes	Playing volleyball for 45-60 minutes	<p>Less vigorous, more time</p>
Washing windows or floors for 45-60 minutes	Playing touch football for 45 minutes	
Gardening for 30-45 minutes	Walking 1½ miles in 35 minutes	
Wheeling self in wheelchair for 30-40 minutes	Shooting baskets for 30 minutes	
Pushing a stroller 1½ miles in 30 minutes	Bicycling 5 miles in 30 minutes	
Raking leaves for 30 minutes	Dancing fast for 30 minutes	
Shoveling snow for 15 minutes	Walking 2 miles in 30 minutes	
Stair walking for 15 minutes	Water aerobics for 30 minutes	
	Swimming laps for 20 minutes	
	Playing basketball for 15-20 minutes	
	Jumping rope for 15 minutes	<p>More vigorous, less time</p>
	Running 1½ miles in 15 minutes	

Make your move now. Plan on being healthier and feeling better. To learn more, visit the Web address shown on your ID card. Register or log in to My Online ServicesSM and select "My ePHIT" under "Wellness Tools" to create a fitness plan just for you.

*From Surgeon General's Call to Action to Prevent and Decrease Overweight and Obesity, 2001; www.surgeongeneral.gov/topics/obesity/