

We benefit from all movement we do, but we get great health benefits from doing planned physical activities. Everyone can choose different activities, but the important thing is to get **30 minutes a day**, most days of the week. **Children need 60 minutes per day.**

### Activities of Daily Living (ADL):

Activities/movements that you perform in your everyday life.

#### EXAMPLES:

Walking to your car, light housework, walking in the grocery store, carrying children, etc.

### Planned Physical Activities (PPA)

Additional activities that are pre-planned in your day and result in health benefits.

#### EXAMPLES:

Going for a walk (in addition to what you would normally do), stretching, biking, swimming, etc.



### Let's Warm Up

Warm-ups are important to help the body prepare for activity, and to prevent injuries. Warm-ups are usually around 5 minutes in length. They include stretching, deep breathing, and a gradual increase in movement. This gets the blood flowing and gently stretches the muscles.

#### For a simple warm-up:

- Start with several stretches. Reach your hands above your head toward the ceiling for a full-body stretch. Take a deep breath in as you stretch up, and a deep breath out as you release back down.
- Start marching in place, keeping your arms moving (either punching or moving at your sides) for 10-20 seconds. Then, lift your knees higher and move your arms faster for 10-20 seconds.
- Next, switch to front kicks with punches for 10-20 seconds.
- Finally, change to a light jog or fast march for 10-20 seconds.

### Cool Down

After doing planned physical activities, a cool-down is needed. A proper cool-down brings the heart rate down to a safe level before stopping movement. It is also a time to stretch the muscles to help prevent muscle soreness and to increase flexibility.

#### To cool down:

- Start by lightly jogging or marching in place with your arms still moving for 10-20 seconds.
- Then, march slowly in place and let your arms fall to your sides for 10-20 seconds.
- Slow down your march for 10-20 seconds to bring the heart rate down to a safe level.
- Finally, reach for the ceiling again for a full-body stretch. Repeat 3-4 times, taking a deep breath in when you reach up, and a deep breath out when you release down.

**Warming up and cooling down** can help you to work harder during your physical activities and helps your body feel better after working out. Stretching during the warm-up and cool-down can improve flexibility, and gives you more freedom of movement to do the things you need to do, and the things you like to do. It helps to prevent injuries through all stages of life and can help you perform daily activities.