



Potty Pointers

Maintaining Your Health through Exercise

Adults and senior adults should strive for a minimum of 150 minutes of exercise per week in segments of at least 10 minutes in length. This may sound like a lot of exercise, but if you break it down, 150 minutes is only approximately 20 minutes for 7 days a week, 30 minutes for 5 days a week, or 50 minutes for 3 days a week. When you think about achieving that goal in short 10-minute bouts, it seems much easier to accomplish.

Another part of the new exercise recommendations has to do with the type of exercise performed. There are four types of exercise and all four types are recommended for a comprehensive exercise program and to achieve the full benefit of physical activity.

Balance exercises build up your leg muscles while focusing on your stability.

Endurance exercises increase your breathing and heart rate.

Strength training makes you stronger by building muscle.

Stretching keeps your body flexible by stretching the muscles and tissues that hold your bone's together.

For more in-depth information about the exercise recommendations or the different types of exercise, see the Fit In 10 publication series available from www.uaex.edu.

