

# Health Breaks



## **NEW Physical Activity Guidelines!**

Most of us are familiar with the 30-minute rule when it comes to exercise, but now, the American College of Sports Medicine and the Centers of Disease Control have put forth new recommendations. In a nutshell, they are:

- Moderate intensity physical activity for 30 minutes 5 times a week  
*or*
- Vigorous intensity for a minimum of 20 minutes 3 times a week

AND

- Strength training activity at least 2 days a week or more

You can combine moderate and vigorous activities. You can also do moderate activity in 10+ minute spurts as long as you get your heart rate up and they total the minimum of 30 minutes. However, it is recommended to go above the minimum of 30 minutes a day because there are additional health benefits that are reaped from more activity such as living longer and preventing weight gain.

## **Needs some ideas on how to add more steps to your day?**

**At work:** Visit your restroom on the farthest side of the building

**At home:** Pace around the house while talking on your cordless phone.

**Variety:** Tour a museum or zoo this weekend



## **Fun Facts: Laugh Out Loud (LOL!)**

Did you know that when you laugh, you burn 20% more calories than when you are not laughing? That means that if you laugh a mere 10-15 minutes a day you can lose about 4.4 lbs a year... and that's no joke!!

*Presented at the European Congress on Obesity, 2005  
(Buchowski et al)*

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