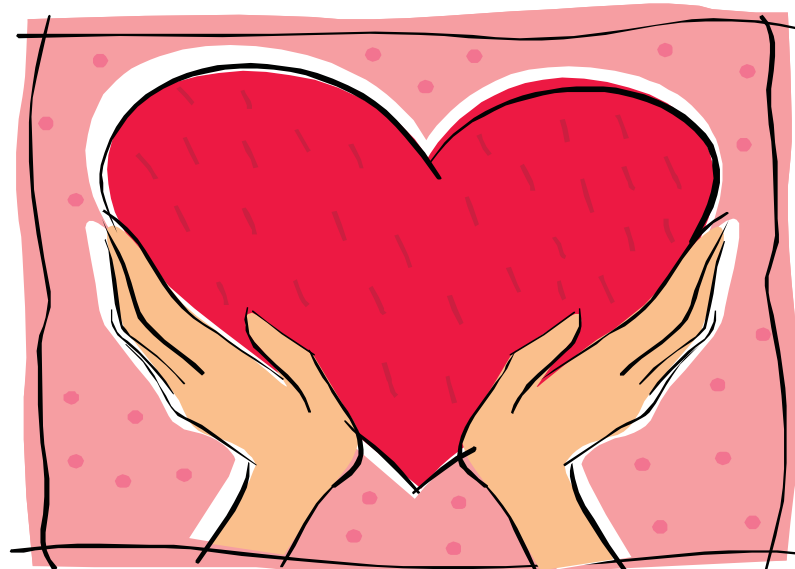


# Exercise for a Healthy



# Staying Motivated

Here are some ideas  
for sticking with your  
exercise program

# MAKE EXERCISE PART OF YOUR DAILY ROUTINE

Don't add exercise to your to-do list, make it part of your daily routine.

## FIND SUPPORT

Exercising with a partner often helps people stick with an exercise plan & stay motivated

# MAKE IT CONVENIENT

Lack of convenience can be a good excuse not to exercise.

# START SLOW & EASY

Starting with a 10 min. session, 3 times a week, at moderate intensity, will leave you feeling good afterward

# **ADD VARIETY**

Varying activities helps maintain interest and provide fitness benefits.

# **SET REALISTIC GOALS**

If your plan is too ambitious you might find it hard to maintain.

# RECORD YOUR PROGRESS

Before starting an exercise plan,  
evaluate your fitness levels.

Record time spent on exercise  
and list achievements.



# GUIDELINES FOR HEALTHY AEROBIC ACTIVITY

- Exercise 3-5 days a week
- Warm up for 5-10 minutes before aerobic activity
- Maintain your exercise intensity for 30-40 minutes
- Cool down 5-10 minutes
- Gradually increase the intensity of your workout

# WHY EXERCISE?

1. Muscle Strength
2. Flexibility
3. Aerobic Fitness  
(Cardio Endurance)

All 3 are **equally** important

You need to get at least 30 minutes of moderate-high intensity physical activity several times a week. This activity can be accumulated throughout the day.

# Calories burned per 30 minutes of running and walking on a flat surface.

		110	130	150	170	190	209
Walking	30 m in/ mile	78	93	108	123	135	150
	20 min/ mile	114	132	150	171	195	213
	15 min/ mile	147	171	198	225	252	276
Running	11.5 min/ mile	204	240	276	315	351	387
	9 min/ mile	291	342	393	447	498	549
	8 min/ mile	324	375	426	480	531	582
	7 min/ mile	366	417	468	522	573	624

# Running vs. Walking

Choosing to run or walk is up to you. Any physical activity significantly reduces your risk of developing cardiovascular disease.

**It is more difficult for our body to  
walk at a high rate.**

Walking a 12-minute mile or faster  
burns more calories than running  
at the same speed.

**Running burns more calories  
than walking.**

Minute for minute, the faster your  
speed the more calories you burn.

**Mile for Mile, running and walking  
burn the same amount of  
calories.**



# RESOURCES ON CAMPUS

Check out an exercise video from the **Resource Library in Health Services** - we have it all, Yoga, Pilates, Thi Chi, Belly Dancing, Stability Ball & Yoga Booty Ballet!

Track how many steps you take, sign out a **pedometer** and walking trail map of UNH at Health Services, Room 249.

Don't forget about **Campus Recreation!** Visit them any day of the week to get active! <http://campusrec.unh.edu/>

**FOR MORE INFORMATION ON  
EXERCISE & CARDIOVASCULAR  
HEALTH, CONTACT THE  
OFFICE OF HEALTH EDUCATION &  
PROMOTION, HEALTH SERVICES  
862-3823**

**[WWW.UNH.EDU/HEALTH-SERVICES](http://WWW.UNH.EDU/HEALTH-SERVICES)**





