

## MODERATE EXERCISE EXAMPLES

- Walking briskly (3 miles per hour or faster, but not race-walking)
- Water aerobics
- Bicycling at a casual pace (slower than 10 miles per hour)
- Tennis (doubles)
- Dancing (such as Hip-Hop, Latin or Ballroom)
- Gardening or light yard work
- Hiking
- Actively playing with children



### Health and Wellness Initiative

The Ohio State University  
Wexner Medical Center  
520 McCampbell Hall  
1581 Dodd Drive  
Columbus, OH 43212  
[10forLife@osumc.edu](mailto:10forLife@osumc.edu)



## The James



## TEN FOR YOUR LIFE

Take this path for your good health!



Active living, healthy eating and not using tobacco are key health behaviors that can prevent chronic diseases or help you achieve optimal health even if you have a chronic disease.

The **10 for Life** program can help you live an active lifestyle by incorporating 150 minutes of exercise into your weekly routine, **10 minutes at a time...**



## 10 FOR LIFE

You can improve your health and live longer by adding exercise to your life. Regular, moderate exercise is the prescription!

Begin your journey by exercising in 10 minute intervals. **Yes, 10 minutes of moderate exercise does count.** You can start with as little as 10 minutes a day and build up to a target of 150 minutes/week. Examples in this brochure can be incorporated into your daily routine at work or at home.

## PREVENTING CHRONIC DISEASE

Today in the U.S. we are experiencing an epidemic of costly chronic “lifestyle diseases.” Unhealthy lifestyle behaviors such as inactivity, poor eating habits, tobacco use and drinking alcohol excessively increase your risk for developing a costly chronic disease, such as:

- diabetes
- heart disease
- chronic lung conditions
- obesity
- cancer
- depression

According to the Centers for Disease Control and Prevention, more than half (52%) of adults age 18 years or older did not meet recommendations for physical activity.

For specific examples of exercises you can do at work, check out “10 for Life” or “Exercise in Your Work Space!” at the health and wellness link on OneSource!

## MENTAL BENEFITS OF MODERATE EXERCISE

- Helps manage stress
- Releases tension
- Promotes enthusiasm and optimism
- Counters anxiety and depression
- Helps you fall asleep faster and sleep more soundly

## SOCIAL BENEFITS OF MODERATE EXERCISE

- Provides a way to share an activity with family and friends
- Improves self-image
- Helps you maintain your independence as you age



## PHYSICAL BENEFITS OF MODERATE EXERCISE

- Improves blood circulation, which reduces the risk of heart disease
- Keeps weight under control
- Helps in the battle to quit smoking
- Improves blood cholesterol levels
- Prevents and manages high blood pressure
- Prevents bone loss
- Boosts energy level
- Helps reduce the risk of heart disease in women by 30-40 percent and stroke by 20 percent
- Increases muscle strength, increasing the ability to do other physical activities
- Reduces risk of stroke by 20 percent in moderately active people and by 27 percent in highly active ones
- Establishes good heart-healthy habits in children that can follow them into adulthood
- **And:** Helps delay or prevent chronic illnesses and diseases associated with aging and maintains quality of life

Reference:

<http://www.cdc.gov/physicalactivity/everyone/guidelines/adults.html>