



## *Kick Butt Therapy*

### To Your Good Health: *Exercise*



Aerobics  
Ballet  
Ballroom Dancing  
Baseball  
Basketball/Horse  
Biking/Cycling  
Bowling  
Dancing  
Field Hockey  
Frisbee  
Gardening  
Golf  
Gymnastics  
Hiking  
Hip Hop  
Hopscotch

Horseback Riding  
Ice Skating  
Jogging  
Juggling  
Jump Rope  
Laser Tag  
Paintball  
Ping-Pong  
Playing Catch  
Race Walking  
Rock Climbing  
Rollerblading  
Roller Skating  
Running  
Skiing  
Snowboarding

Soccer  
Softball  
Square Dancing  
Swimming  
Tag Football  
Tennis  
Trampoline  
Treadmill  
Unicycling  
Volleyball  
Volunteer – (i.e. Habitat)  
Yoga  
Walking  
Water Aerobics  
Weights  
Wii sports games

#### Examples of Different Aerobic Physical Activities\*

##### *Moderate Intensity*

- Walking briskly (3 miles per hour or faster, but not race-walking)
- Water aerobics
- Bicycling slower than 10 miles per hour
- Tennis (doubles)
- Ballroom dancing
- General gardening

##### *Vigorous Intensity*

- Race walking, jogging, or running
- Swimming laps
- Tennis (singles)
- Aerobic dancing
- Bicycling 10 miles per hour or faster
- Jumping rope
- Heavy gardening (continuous digging or hoeing, with heart rate increases)
- Hiking uphill or with a heavy backpack

\* For more information, visit <http://www.health.gov/paguidelines/>.

## So, What's In It for Me?

Exercise can help you reduce your risk for illness and improve your chances of living a longer and healthier life.

It can help you:

- Sleep better
- Relieve symptoms of depression and anxiety, and improves mood
- Prevent weight gain, promotes weight loss



It can help lower your risk for:

- Some Cancers
- Cardiorespiratory diseases like Heart Attacks and Strokes
- Type 2 Diabetes, High Blood Pressure, and Cholesterol Problems
- Osteoporosis and Hip Fracture
- Pre-mature Death

You can exercise in a gym or sign up for a class, but most exercise options are **free**.