

**UNIVERSITY OF LOUISVILLE  
DEPARTMENT OF FAMILY AND GERIATRIC MEDICINE**

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# Adopt an Active Lifestyle!

An active lifestyle is one of the best medicines for health. Many people exercise for weight management, forgetting what a wonderful benefit it is for your health. Even if you don't lose weight when you start exercising, it is very helpful and healthful for **you**. You will burn calories more efficiently, improve your bone health, and keep your heart in better condition. Exercise can also keep you from gaining weight.

**You do not have to join a gym or a power exercise class to start receiving the benefits of exercise!**

Getting off the couch and moving are the first actions to take. Simple daily movements will add up to a healthier you!

### How to Begin

- Start slowly
- Add extra body movement throughout the day
- Wear comfortable shoes

### How to Continue

- Add activity into daily life as much as you can
- Consider arm chair exercises if you can not walk easily
- Choose to move whenever possible
- Make movement second nature in your day

**Always be sure to talk to your doctor about starting any exercise program !**

## STEPS TO GET MOVING

- Walk to the mailbox and back 2 times a day
- Walk around your house or apartment building 2 times a day
- Walk inside the local mall 3 days a week (window shopping as you move, not stopping)
- Walk in your neighborhood for 30 minutes a day, 3 days a week
- Get off the bus 2 stops early
- Park your car in the farthest spot away from the grocery store or mall entrance
- Sweep the sidewalk, vacuum, mop the floors daily, pull weeds, garden
- Ride a stationary bike while watching a favorite TV show
- Take a walk during your lunch or coffee breaks
- Take the stairs instead of the elevator
- Dance to music with yourself, a friend, children or grandchildren
- Do armchair exercises

### MY GOALS:

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## COMMON ACTIVITIES

Below are examples of how physical activity has been engineered out of life. These activities show two ways of accomplishing everyday tasks: a sedentary way and an active way. For the 20 activities shown in the table, the person who always chose the sedentary way would expend 1700 calories in a month, while the person who always chose the active way would expend 10,500 calories in a month, for a difference of 8800 calories per month. This difference in calories is the equivalent of 2-1/2 lbs of body fat per month, or 30 lbs per year!

Sedentary	Calories	Active	Calories
Using remote control to change channel	<1	Getting up to change channel	3
Reclining for 30 minutes of phone calls	4	Standing for 30 minutes of phone calls	20
Using garage door opener twice per day	<1	Raising garage door twice per day	2-3
Hiring someone to clean and iron	0	Ironing and vacuuming for 30 minutes each	152
Waiting 30 minutes for pizza delivery	15	Cooking for 30 minutes	25
Buying pre-sliced vegetables	0	Washing, slicing and chopping vegetables for 15 minutes	10-13
Using a leaf blower for 30 minutes	100	Raking leaves for 30 minutes each week	150
Using a lawn service	0	Gardening and mowing for 30 minutes each	360
Using a car wash once per month	18	Washing and waxing car for 1 hour per month	300
Letting dog out back door	2	Walking dog for 30 minutes	125
Driving 40 minutes, walking 5 minutes from parking the car twice per day	22	Walking 15 minutes to bus stop twice per day	60
Emailing a coworker, 4 minutes	2-3	Walking 1 minute, standing and talking to a coworker for 3 minutes	6
Taking an elevator up 3 flights	0.3	Walking up 3 flights	15
Parking as close as possible, walking 10 seconds, five times per week	0.3	Parking in the first available spot, walking 2 minutes, five times per week	8
Letting cashier unload shopping cart	2	Unloading full shopping cart	6
Riding escalator 3 times	2	Climbing 3 flights of stairs	15
Shopping online 1 hour	30	Shopping at mall, walking 1 hour	145-240
Sitting in car at drive-up window 3 times per week	15	Parking and walking inside 3 times per week	70
Paying for gas at pump	0.6	Walking into station to pay	5
Sitting and listening to lecture, 1 hour	30	Giving lecture	70