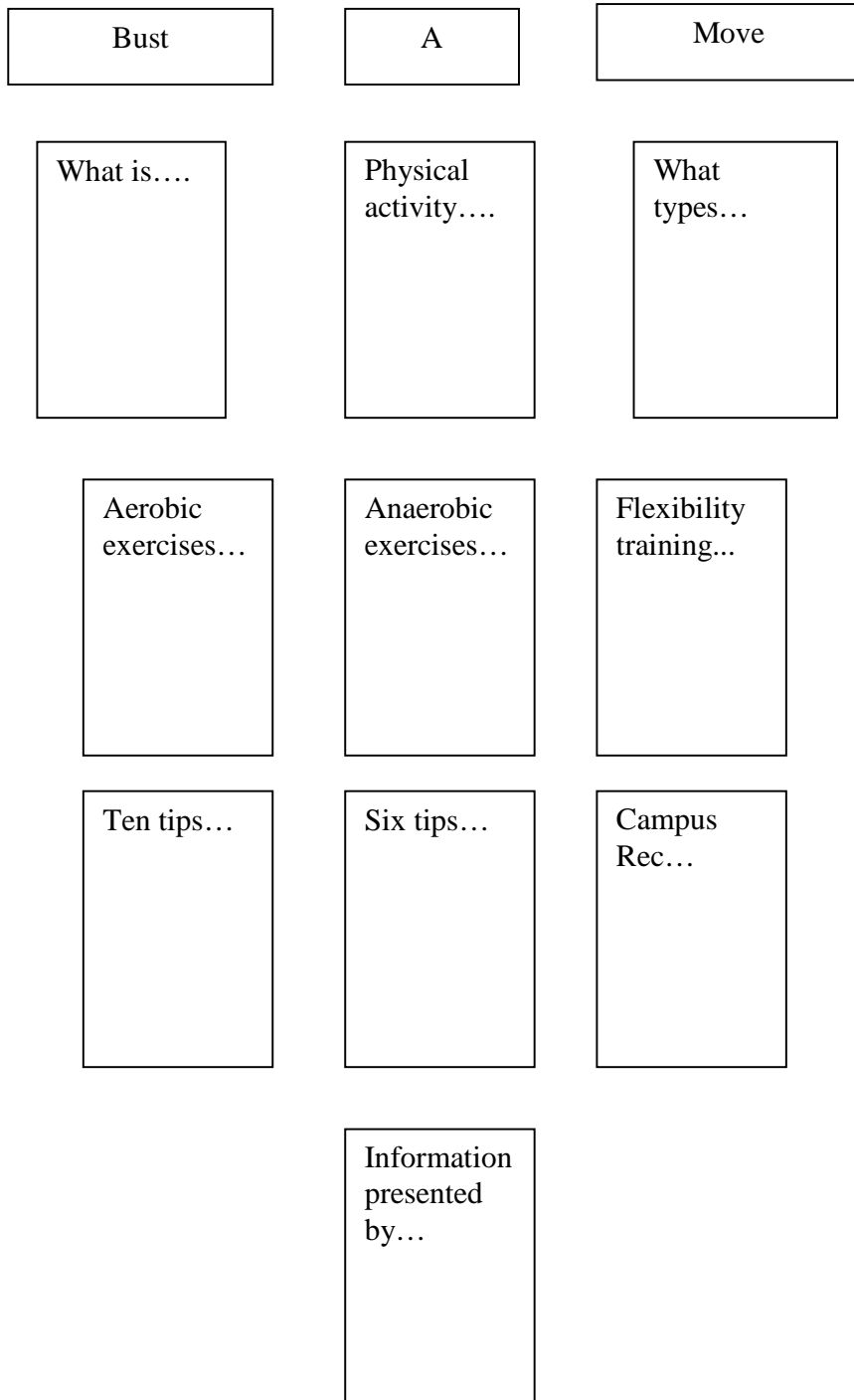


Directions for “Bust a Move” bulletin board.

1. Cut out title page along dotted lines. Trim further if desired.

2. A suggestion for bulletin board layout is below.



BUST

A

MOVE

What is physical activity?

Physical activity is any activity that causes your body to work harder than normal (U.S. National Library of Medicine), and it can include active chores that you do in your daily life like yard work, walking the dog, etc.

Did you know?

- Some physical activity is better than none.
- The more activity you do, the greater the health benefits and the better you'll feel.

According to the U.S. Department of Health and Human Services:

To get the health benefits of physical activity, include **aerobic activities** that make you breathe harder and make your heart and blood vessels healthier. These aerobic activities include things like brisk walking, running, dancing, swimming, and playing basketball. Also include **strengthening activities** to make your muscles stronger, like push-ups and lifting weights.

Physical Activity Recommendations for Adults (aged 18–64)

- Adults should do 2 hours and 30 minutes a week of moderate-intensity aerobic activity, or 1 hour and 15 minutes a week of vigorous-intensity aerobic activity. You can also combine moderate- and vigorous-intensity activities. Aerobic activity should be performed in episodes of at least 10 minutes, preferably spread throughout the week.
- Additional health benefits are provided by increasing to 5 hours a week of moderate-intensity aerobic physical activity, or 2 hours and 30 minutes a week of vigorous-intensity physical activity, or an equivalent combination of both.
- Adults should also do muscle-strengthening activities that involve all major muscle groups performed on 2 or more days per week.

What types of physical activity improve fitness?

The activities you choose depend on which kind of fitness you want to improve. There are three different kinds of fitness:

- **Flexibility** – the degree to which your muscles can reach their full range of motion.
- **Aerobic fitness** - the efficiency with which your heart pumps oxygen through the body
- **Anaerobic fitness** - the strength and endurance capabilities of your muscles



Aerobic Exercises you can do at HOME

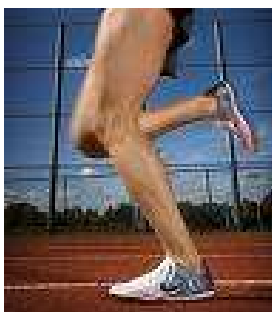
Jumping rope. Bring out your inner child while engaging in one of the most effective forms of aerobic exercise.



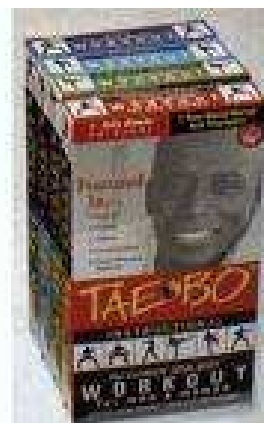
Wii Fit aerobics. Put your video gaming to a healthy use. Choose between hula hooping, stepping, running, boxing, and more and get a great workout in front of your tv.



Jogging. Just you and the open trail, jogging needs no equipment and can be done anywhere. Pick out a good music play list and watch your stress melt away.



Exercise videos. Visit the library, video store, or even cable on demand to check out an assortment of aerobic exercise videos. It's a great way to vary your exercise routine.



Anaerobic Exercises you can do at HOME



Push-ups. Keeping your arms directly underneath your shoulders, extend your body and push up off of your toes or knees. Lower your body and push yourself back up 4 times, making sure to keep your back straight. On the fifth time, lower your body halfway and hold for 5 seconds. Push yourself back up and repeat: 4 full push-ups and one half push-up. Aim for five rounds.

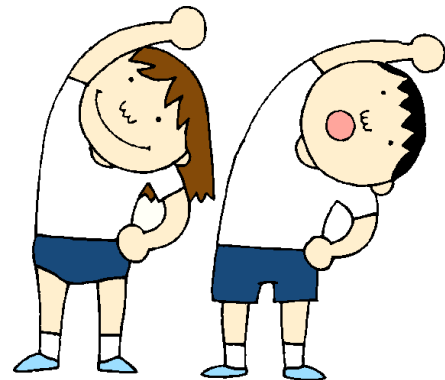
Tricep dips. Sit in a chair or on a step with your hands on the edge behind you and your feet extended in front of you. Slide forward until your bottom is just past the edge of the chair/step. Slowly lower your body until your elbows are at a 90 degree angle, then lift yourself back up. Do as many repetitions as you can. For added difficulty, prop your feet on another chair in front of you and lower your body between the chairs.



Walking lunges. Starting at one end of a room, take a long step in front of you and squat down so that your forward leg is at a 90 degree angle. Be careful that your knee does not extend past your toes. Rise up and repeat with your other leg. Walk and lunge across the room as many times as you can.

Flexibility Training you can do ANYWHERE

- **Warm up your muscles** slightly before you stretch them. Walk or do some other light aerobic exercise for a few minutes, and then start stretching.
- **Ease yourself into the stretch**, relax, and don't push or bounce. You should feel a stretch, but not pain, in the muscle.
- **Exhale** as you do the stretch. While you hold the stretch, inhale deeply.
- **Try closing your eyes** while you stretch. It helps you relax.
- **Take a moment** to enjoy the good, warm feeling that comes after a good stretch.





Ten Tips for Getting Fit



1. [Walk](#) - One walk every day. Doesn't matter if it's raining or blistering hot, I'm out there for at least 30 minutes.
2. [Cut out the junk snacks](#) - That means those corn dogs you ate before dinner, the chips you ate while watching TV and those pizza pockets you chomped down during the football game. They all have to go.
3. [Cut out sodas](#) - No need to drink your calories. If you really need the caffeine boost then switch to diet sodas. Otherwise, stick to water.
4. [Weight training](#) - That doesn't necessarily mean going to the gym, it just means working out with some weights, and yes, this applies to women too.
5. [Cardio](#) - Yep, everyone needs to sweat a bit. Whether it's on the treadmill or out on the dance floor.
6. [Active life](#) - Stop watching TV and start doing something active. That could mean walking instead of driving, taking the stairs instead of the elevator or going hiking instead of watching a movie. Choose to be active, not passive.
7. [Healthy breakfast](#) - It's always a good idea to start out your day with a good breakfast. It will keep your energy levels high and your binging urges low.
8. [Sleep](#) - Regular sleep is a must. Get between 7 to 9 hours every day. Go to sleep at a regular hour and wake up at the same time every day if you can.
9. [Smaller and more frequent meals](#) - Don't eat all your calories in one meal, split them up into smaller portions that you eat throughout the day. Like a healthy breakfast, this will keep your energy high and your binging low.
10. [Cut down on the meat](#) - No, you don't need to become vegetarian or a vegan, but you should eat less meat and especially less processed beef and pork.

Six Tips for Staying Fit

To help make physical activity a long-term commitment:

- **Set goals** and develop and follow a specific program.
- **Make it a habit**-a routine, pleasant, and normal part of your life.
- Have the support of friends and family.
- **Expand your fitness activities** through coaching, competition, and cross-training.
- **Add variety** to your fitness program by changing the place, activity, and time.
- Don't let **reasons** such as lack of time or bad weather slow you down.



Campus Recreation Center

Need help getting into shape? The Rec Center offers classes and one-on-one training to meet your needs. Here are just some of the classes that are offered on campus:

Abs	Abs & Tone	Butts & Guts Pilates	Cardio Blast
Fluid Fusion	Kick, Punch, & Crunch	Kick & Step	Raider Rally
Recess	Spin	Spin & Abs	Striptease Aerobics
Triple S (Sweat, Sculpt, & Stretch)	X-Fit	Yoga	Zumba

Need more info? Contact the Rec Center at 615-898-2104 or

go to the website at mtsu.edu/~campusrec.

Information

presented by:



Health, Wellness, and Recreation Center

Room 1106

615-494-8704