**The basics of EXERCISE**

**How much exercise should I get?**
- 3-5 days/week
- 30-60 minutes
- Time for exercise should be separate from what your typical work day’s

**How hard should I work out?**
- 50%-65% of maximal heart rate
- This can be determined with either equation:
  - 220 - age
  - 208 – 0.7 x age
- Then keep heart rate about at about half of that

*More accurate*

**What counts as exercise?**
When trying to find things to do think of the ACTION WORDS:
Balance, bend, bounce, build, catch, climb, cycle, dance, fix, go, hit, hop, jump, kick, levitate, lift pop, press, pull, push, roll, run, serve, shuffle, skate, skip, spin, swim, swing, throw, walk, wiggle

**Say it isn’t so!**
Believe it or not, your body continues to work, even when you stop. Working out at MODERATE INTENSITIES will increase the number of calories you burn post-exercise.

**Getting Exercise Everyday**

**On Campus**
- Tackle Dean Keaton or 21st with a power walk after or before work with a friend
- Clark Field (on south side of campus) to run, lunge, or play!
- Of course, your DHFS Wellness classes are available for you all through out the week

**In the Office**
- While we recommend moderate intensity, low intensity exercises at your desk are just as important and fun!
- Leg extensions at your desk
- Keep a set of weights at your desk – take a 5 minute break to lift!

**On Your Free Time**
- Take the family to a park, or Town Lake – being outside it great for mental health, as well
- Get competitive
- Always take the stairs!
- Set a goal – be creative!