Get Active!

Adopting a healthier lifestyle, one step at a time
**Inactivity: An Epidemic**

- The average American spends approximately 55% of waking time (7.7 hours per day) being sedentary.
- Less than half of U.S. adults currently get the recommended amount of physical activity.
- Globally, 1 in 4 adults is not active enough.
- Inactivity increases a person’s risk of early death, heart disease, stroke, type 2 diabetes, and even certain cancers.
- Physical inactivity is the 4th leading risk factor for global mortality.
Why Get Active?

Regular physical activity is one of the most important things you can do for your health. Getting active can help:

- Control your weight
- Reduce your risk of cardiovascular disease
- Reduce your risk of type 2 diabetes and metabolic syndrome
- Strengthen your bones and muscles
- Improve your mental health and mood
- Improve your ability to perform daily tasks
- Increase your chance of living longer and more!
What is Physical Activity?

• Physical activity is any body movement that works your muscles and requires more energy than resting

• Light-intensity activities are common daily activities that don’t require much effort—you’re not moving enough to get your heart rate up

• Moderate-intensity activities make your heart, lungs, and muscles work harder than light-intensity activities—you’re moving enough to raise your heart rate and break a sweat

• Vigorous-intensity activities make your heart, lungs, and muscles work hard—you’re moving so much your heart rate increases significantly and your breathing is hard and fast
**Aerobic Activity**

<table>
<thead>
<tr>
<th>Moderate Aerobic Physical Activities</th>
<th>Vigorous Aerobic Physical Activities</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brisk walk</td>
<td>Jogging/Running</td>
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<tr>
<td>Leisurely bike ride</td>
<td>Jumping rope</td>
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<tr>
<td>Gardening</td>
<td>Swimming laps</td>
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<tr>
<td>Water aerobics</td>
<td>Aerobic dancing</td>
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<tr>
<td>Mowing the lawn</td>
<td>Tennis (singles match)</td>
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</tbody>
</table>

The **talk test** is an easy way to gauge activity intensity. Generally, if you're doing moderate-intensity activity, you should be able to talk but not sing. If you're doing vigorous-intensity activity, you should not be able to say more than a few words without stopping for a breath.
Muscle-Strengthening Activity

Muscle-Strengthening Activities

<table>
<thead>
<tr>
<th>Weight training</th>
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<tbody>
<tr>
<td>Resistance band exercises</td>
</tr>
<tr>
<td>Exercises that use body weight for resistance (e.g., pushups, sit-ups)</td>
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</tbody>
</table>

Muscle-strengthening activities should **work all the major muscle groups**: the legs, hips, back, chest, abdomen, shoulders, and arms. No specific amount of time is recommended for muscle-strengthening, but exercises should be performed to the point at which it would be difficult to do another repetition. (A repetition is one complete movement of an activity, like lifting a weight or doing a sit-up.) Muscle-strengthening activities can be done the same day as aerobic activities but do not count toward the aerobic activity total.
## Physical Activity Guidelines for Adults

<table>
<thead>
<tr>
<th>For Important Health Benefits</th>
<th>For Even Greater Health Benefits</th>
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</thead>
<tbody>
<tr>
<td>150 minutes of moderate-intensity aerobic activity weekly</td>
<td>300 minutes of moderate-intensity aerobic activity weekly</td>
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<tr>
<td>OR</td>
<td>OR</td>
</tr>
<tr>
<td>75 minutes of vigorous-intensity aerobic activity weekly</td>
<td>150 minutes of vigorous-intensity aerobic activity weekly</td>
</tr>
<tr>
<td>OR</td>
<td>OR</td>
</tr>
<tr>
<td>An equivalent mix of moderate- and vigorous-intensity aerobic activity weekly</td>
<td>An equivalent mix of moderate- and vigorous-intensity aerobic activity weekly</td>
</tr>
<tr>
<td>+</td>
<td>+</td>
</tr>
<tr>
<td>Muscle-strengthening activities 2 or more days per week</td>
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</tr>
</tbody>
</table>

Source: 2008 Physical Activity Guidelines for Americans
Every Minute Counts

- Any physical activity is better than none—gradually increase your activity level with guidance from your healthcare provider
- You can gain health benefits from as little as 60 minutes of moderate physical activity per week
- Spread your activity throughout the week—just be sure to aim for at least 10 minutes of activity at a time
Sitting Disease

- Just 20 minutes of sitting begins to inhibit your metabolism.
- Prolonged sitting leads to poor blood circulation, which can cause varicose veins, blood clots, and even artery damage.
- Sitting for 6+ hours during the workday increases your risk of anxiety and depression.
- Prolonged sitting has been linked to obesity and metabolic syndrome—a cluster of conditions including increased blood pressure, high blood sugar, excess body fat around the waist, and abnormal cholesterol levels.
Stand Up

Making small lifestyle changes can have a big impact on your health. Combat “sitting disease” by simply standing more!

• Alternate between sitting and standing every 30 minutes
• Stand while talking on the phone or eating lunch
• Hold a standing meeting with colleagues rather than sitting in a conference room
• Use a standing desk or work from a high table
• Get up and stretch several times a day
Get Active!

Find additional resources on how to Get Active! at benefits.cat.com>Wellness

Disclaimer: Always consult your healthcare provider before beginning a new exercise regimen. These materials are for informational purposes only and should not be considered medical advice. These materials are not intended to, nor should they be construed as, a substitute for the advice or treatment of a healthcare professional. By using these materials, you assume any related risks and acknowledge that in no case shall Caterpillar, Inc., its affiliates, directors, officers, or employees be liable for any claims, damages, or injuries directly related to such use.
Sources

- Centers for Disease Control and Prevention (www.cdc.gov)
- JustStand.org (www.juststand.org)
- Mayo Clinic (www.mayoclinic.com)
- National Heart, Blood, and Lung Institute (www.nhlbi.nih.gov)
- World Health Organization (www.who.int)
Total health

Physical
- Feeling Well
- Having enough energy
- Maintaining a healthy lifestyle

Emotional
- Ability to endure
- Unrestricted by mental illness and addiction
- Energy & optimism

Social
- Healthy & productive relationships
- Inclusion & connectedness
- Work/life balance

Financial
- Control over finances
- Meeting financial goals
- Financial freedom

Purpose
- Finding meaning
- Motivation, passion & drive
- Personal & professional growth