

GOAL COUPON 1: RECOMMENDED EXERCISE TIMES

Regular exercise is important to maintain or achieve a healthy weight.

For health benefits - aim for **at least 30 minutes** or more of moderate physical activity on most days.

To lose weight and prevent weight gain - aim for up to **60 minutes** of moderate to vigorously intense physical activity each day.

To maintain weight loss - aim for **60-90 minutes** of moderate to vigorously intense activity each day. Look in Chart A for examples.

Include resistance and stretching as part of your exercise time to increase muscle mass, muscle strength, and your endurance. For maximum results, include **8-10** resistant exercise, **2-3** days per week. These include weight lifting, calisthenics, resistance bands, and carrying a child. Stretching increases your physical ability to maintain balance and flexibility so you are less prone to accidents. Stretching includes yoga, ballet dance, tai chi, or martial arts.

How to get started: Start with 30 minutes of moderate activity most days this week. Then gradually over the weeks increase your intensity and time to 60 minutes per day.

GOAL 1

12-week goal

Record your 12-week activity in the chart on the back of this coupon.



Your goal is to increase time/intensity each week.

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