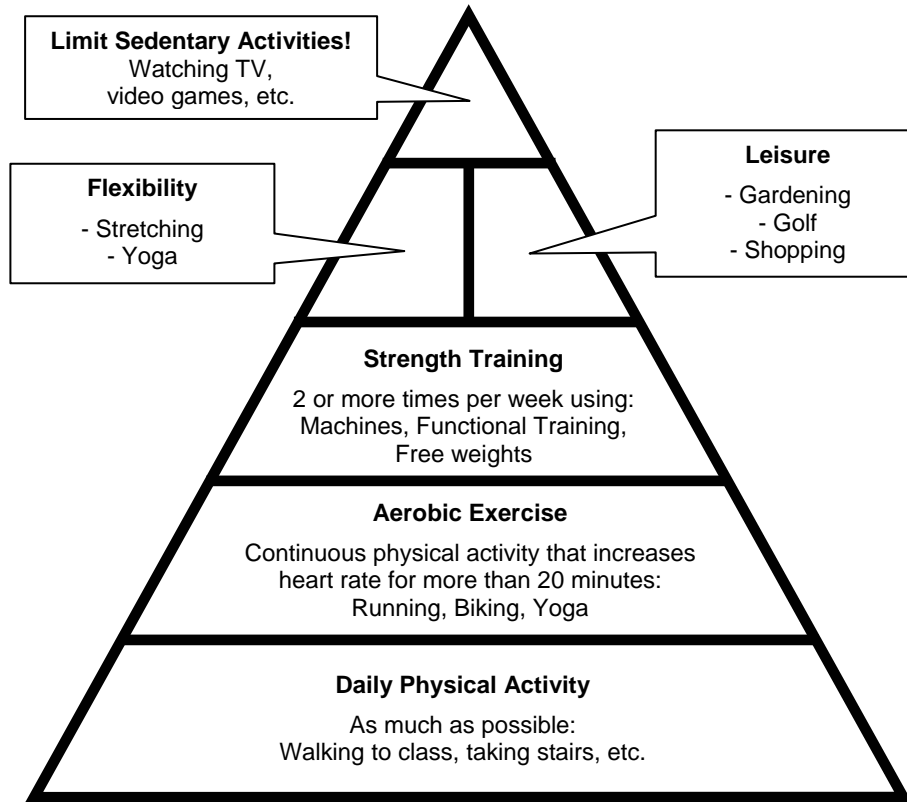




Exercise Pyramid and Physical Activity Tips



Daily physical activity tips

- Try not to sit for more than 30 minutes at a time – whether you are working, watching TV or hanging out.
- Couple your activity and exercise with healthy eating habits.
- Using the stairs, walking to class, and parking further away from entrances can all increase daily activity.

Aerobic exercise and strength training tips

- Warm up and cool down should be part of every activity and exercise session.
- Stretching should be completed for 5-10 minutes at the end of each workout.
- If you don't know how to use a piece of equipment, you increase your risk for injury. Ask someone who is trained to teach you the proper technique.
- Choose activities and exercises that you enjoy and that fit into your lifestyle.
- Maintain a flexible schedule. Do what you can, when you can. Don't feel guilty if you miss a day or two: consistent activity over months or years is important.

High intense physical activity and competitive sports tips

- Warm-up using sport specific activities: jogging, running, high knees, arm circles, etc.
- Cool down with a lower intensity activity like walking or jogging. Remember to stretch after your activity.
- When strength training, focus on functional training which includes large and various muscle groups. This will help with the dynamic movements of sport.
- Try to do cross training to exercise other muscles in your body and reduce the risk of chronic injuries.

If you are a registered University of Illinois student and you have questions or concerns, or need to make an appointment, please call: **Dial-A-Nurse at 333-2700**

If you are concerned about any difference in your treatment plan and the information in this handout, you are advised to contact your health care provider.

Visit the McKinley Health Center Web site at: <http://www.mckinley.uiuc.edu>