



Be Physically Active

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Avoid inactivity. Some activity is better than none. Aim for at least 2 1/2 hours (150 minutes) of moderate-intensity aerobic activity, or 75 minutes of vigorous-intensity activity, or a combination of both each week. Every 10 minute session counts. Do strengthening activities at least 2 days each week and don't forget to stretch!

- **Be Physically Active. A Healthy Living Message**
http://www.prevention.va.gov/Healthy_Living/Be_Physically_Active.asp
- **6 Exercise Routines That Won't Break the Bank**
<http://www.prevention.va.gov/MPT/2015/docs/6ExerciseRoutinesThatWontBreaktheBank.doc>
- **The Four Elements of Fitness**
http://www.move.va.gov/download/NewHandouts/PhysicalActivity/P36_TheFourElementsOfFitness.pdf
- **Progressive Exercise Program**
http://www.move.va.gov/docs/NewHandouts/PhysicalActivity/P25_ProgressiveExerciseProgram.pdf
- **Sample Aerobic Activity Plan for Beginners**
http://www.move.va.gov/docs/NewHandouts/PhysicalActivity/P31_SampleAerobicTrainingPlanForBeginners.pdf
- **Be Active Your Way**
http://www.move.va.gov/docs/NewHandouts/PhysicalActivity/P38_BeActiveYourWay.pdf

- **Be Physically Active White Board Video**
<https://www.youtube.com/watch?v=9moJtr9PAso>

Veterans Health Library:

<http://www.veteranshealthlibrary.org/>
The Veterans Health Library (VHL) offers Veterans, their families and caregivers 24/7 Internet access to comprehensive, Veteran-focused health information that's consistent with VA clinical practice. Its information, resources, and tools are engaging, "Veteran-friendly" and written in "plain language". No matter where Veterans receive care, VHL helps them understand and manage health problems, make informed health decisions, and actively partner with their health care teams. Items within the VHL on Limit Alcohol:

- **Exercise for Mental Health**
http://www.veteranshealthlibrary.org/Search/142,UG4384_VA
- **Walking for Fitness**
http://www.veteranshealthlibrary.org/Search/142,87916_VA
- **Physical Activity: Getting the Most from Your Minutes**
http://www.veteranshealthlibrary.org/Search/142,85147_VA
- **Physical Activity: Warm Up, Cool Down, Stretch, and Strengthen**
http://www.veteranshealthlibrary.org/Search/142,85141_VA



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FEDERAL GOVERNMENT RESOURCES

You are now leaving the Department of Veterans Affairs Web site.

US DEPARTMENT OF HEALTH & HUMAN SERVICES (HHS)

- **2008 Physical Activity Guidelines for Americans**

In 2008 the Federal Government issued its first-ever *Physical Activity Guidelines for Americans*. This link provides a description of the types and amounts of physical activity that offer substantial health benefits to Americans.

<http://www.health.gov/paguidelines>

- **Your Guide to Physical Activity and Your Heart**

This guide presents comprehensive and easy-to-understand information on the impact of physical activity on your heart as well as the power of physical activity to keep you healthy overall. The guide also addresses the many other benefits of regular physical activity like burning extra calories, building stamina, improving balance, strengthening your lungs, and boosting the way you feel. It includes sample walking and jogging programs, instructions for finding your target heart rate zone, ideas for making fitness a family affair, and an overview of the best physical activities for a healthy heart.

http://www.nhlbi.nih.gov/health/public/heart/obesity/phy_active.pdf

NATIONAL INSTITUTES ON AGING

- **Exercise & Physical Activity: Your Everyday Guide from the National Institute on Aging (NIA)**

This is an update of the guide that was first published in 1998 titled: *Exercise: A Guide from the National Institute on Aging*. Updates include

information based on the latest evidence regarding the benefits of exercise for older people and what motivates people to become more active.

<http://www.niapublications.org/exercisebook/ExerciseGuideComplete.pdf> (**G04Life** DVD accompanies this booklet).

For those who would like to access the NIA's Spanish web site, visit

<http://www.nia.nih.gov/espanol>

CENTERS FOR DISEASE CONTROL AND PREVENTION

- **Physical Activity for Everyone**

This site provides visitors with an overview of the importance of physical activity and resources to encourage physical activity. It features a section on measuring physical activity intensity which includes the Talk Test, target heart rate and estimated maximum heart rate tests, a perceived exertion test, a metabolic equivalent level test, and lists of sample activities by intensity level. It also provides recommendations for physical activity, strength training for older adults, and links to additional resources.

<http://www.cdc.gov/physicalactivity/everyone/guidelines/index.html>

PRESIDENT'S COUNCIL ON FITNESS, SPORTS AND NUTRITION

- **President's Challenge – The Nation's Physical Activity Program**

A central component of the President's Council on Fitness, Sports and Nutrition

(<http://www.fitness.gov/>). The President's Challenge helps people get active, improve their fitness, and live happier, healthier lives. This web site is the interactive component of that challenge and provides information for kids, teens, adults,



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seniors, teachers and physical activity advocates on how to register, track progress, calculate fitness and earn awards for meeting goals.

<http://www.presidentschallenge.org/>

- **Take the President's Challenge: Stay Active and Be Fit!**

This booklet gives an overview of the President's Challenge, including how to get started, information on using a pedometer, a typical workout, safety during physical activity, and information about shoes, clothes and other activity tools.

<http://www.presidentschallenge.org/tools-resources/docs/adultgetfit.pdf>

- **The Presidential Active Lifestyle Award (PALA)**

This challenge will help you add activity to your life, and reward you when you do. **PALA makes fitness fun!** Yes, you need to be active every day, but participants can choose all kinds of activities to meet this goal—playing with the kids, gardening, walking, playing basketball, running, yoga, and more.

<http://www.presidentschallenge.org/challenge/active/index.shtml>

RECREATION.GOV

A partnership among Federal land management agencies to provide an easy-to-use website with information about all federal recreation areas, the site allows you to search for recreation areas by state, recreational activity, agency, or map. It also provides links to recreation maps, weather advisories, and sites where visitors can make advanced reservations for camp sites and tours.

<http://www.recreation.gov>

HEALTHFINDER®

Healthfinder.gov is a website provided by the US

Department of Health and Human Services. This website has a wide range of health topics selected from over 1,600 government and non-profit organizations to bring you the best, most reliable health information on the Internet.

<http://www.healthfinder.gov/>

Specific information related to physical activity can be found here:

<http://www.healthfinder.gov/scripts/SearchContext.asp?topic=657>

EVERYBODY WALK! THE MOVEMENT TO GET AMERICA WALKING

This collaborative brings together businesses, federal agencies, and professional groups to implement ways to encourage walking. This website lists an array of ways to make walking a part of your day at home, work, school, and through everyday living. Take the pledge today, and start walking more!

<http://everybodywalk.org/>