Exercise Recommendations

In General:
- 20 to 30 min of activity per day

Aerobic activity:
- 150 minutes of moderate aerobic activity per week

  OR

- 75 minutes of vigorous aerobic activity per week

Strength training:
- All major muscle groups at least 2x/week (legs, hips, back, abdomen, chest, shoulders, arms)
- At least 1 set of each exercise using a weight or resistance heavy enough to tire the muscles after 12 to 15 reps

Reduce sitting time:
- Stand every 30 minutes to reduce health risks and improve longevity

To lose weight/maintain weight loss:
- 300 minutes or more per week (or 1 hour, 5 days per week)

Rule of thumb:
- 1 minute of vigorous activity provides similar health benefits as 2 minutes of moderate activity

To start:
Figure out what you like and are most likely to do
- Do you prefer to work out with others?
- Do you want to exercise before, during or after work?
- Do you like to dance, swim, lift weights? Figure out what you want to do.
- Set a specific, reasonable goal (ex. Sign up for a 5K and start walk/jogging at least 2x/week).

To stay focused and maintain a habit:
- Put your clothes out the night before or change to gym clothes at work
- Invest in quality exercise attire so you feel confident and excited to exercise
- It takes about 30 days to form a habit, so stay consistent for about a month
- Pair exercise with non-food rewards (ex. do you like Netflix? Allow yourself to watch ONLY if you go to the gym)

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Good Nutrition for a Great Workout

Whether you are a seasoned runner or a just starting to work out, the right nutrition makes a difference when it comes to exercise. If you are walking/jogging or hitting the gym, staying hydrated and having enough fuel will ultimately improve your physical fitness.

Hydration

Water is the best form of hydration. At least 64 ounces per day will do the trick, but remember, more is better! Most likely you will not need electrolyte-based drinks such as Gatorade or Powerade, unless you are exercising for more than 40 to 60 minutes. During your workouts be sure to slow down and take small sips to stay hydrated.

Fuel

Ideally, you should fuel your body about 1 to 3 hours pre-workout, depending on how your body tolerates food. It's best not to eat right before a workout or race as you may experience some stomach discomfort. Carbohydrates for fuel and some protein to support muscles will give you a balanced pre-workout snack or meal.

Suggestions for pre-workout fuel:

- PB2 and a banana
- Low-fat/no fat Greek yogurt with berries
- Low-fat milk and fruit
- Apple and low-fat cheese
- Low-fat cottage cheese and sliced pineapple

After the workout or race, it is important to replace what you have burned for good recovery. Your post recovery snack should include a form of carbohydrate (don't skip these!), some protein and plenty of fluid (see above). After an intense workout, try to refuel within 15 minutes. If it is a walk or light jog, eat within 30 to 45 minutes. If you will be eating a meal soon after your workout, you will not need a post workout snack.

Suggestions for post-workout fuel:

- Post-workout recovery smoothie (or post-workout smoothie made with low-fat milk and fruit)
- Low-fat, low-sugar chocolate milk
- Turkey with cut veggies, like carrots
- Yogurt with berries
- ½ protein bar and a fruit (just a protein bar will not give you the carbs for refueling)

Important: if you are running a race, do not try any new or heavy foods the night before as this may cause stomach discomfort in the morning.

The Bottom Line

Staying hydrated and getting the proper fuel will make for a comfortable workout.

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