

Temple Triathlon 2012 Activity Guidelines

Goal – at least 30 minutes every day of exercise (see definition below)

Challenge yourself to gradually increase your levels of exercise. Temple Triathlon is designed to help you increase your strength and endurance

Physical activity and *exercise* are both important. Physical activities such as gardening, housework, climbing the stairs in your home get your body moving. Exercise is a specifically planned and structured form of physical activity. Exercise is what we are looking for during Temple Triathlon. There are 4 main categories which qualify for TT exercise points:

1. **Endurance** – aerobic activity improves the health of your heart, lungs, and circulatory system. Forms of aerobic exercise include: brisk walking, yard work such as raking or pushing a lawnmower, dancing, jogging, swimming, biking, playing tennis/basketball
2. **Strength or resistance training** – this increases muscle strength and includes exercises such as lifting weights, using a resistance band
3. **Balance-** exercise such as Tai Chi, yoga, single leg raises
4. **Flexibility** – stretching helps a body stay flexible and limber; includes yoga exercises

It is important for you to choose activity that is appropriate for your overall health condition. If you haven't exercised previously, start slowly and build up time and intensity gradually. Consult your health care provider with any questions you have about exercising safely.

Make it fun

Exercise safely in cold, winter weather

Vary your exercise - keep it interesting

Exercise with a buddy or group

Set goals and reward yourself when you meet them

Wear good shoes and comfortable clothing

Stay motivated