

Physical Activity Guidelines (American)

The NEW American Physical Activity guidelines were recently released – based on thorough research. Hopefully Australia will upgrade its guidelines soon to come in line.

They say –

Do moderately intense cardio 30 minutes a day, five days a week

Or

Do vigorously intense cardio 20 minutes a day, 3 days a week

And

Do eight to 10 strength-training exercises, eight to 12 repetitions of each exercise twice a week.

Also in older adults it is important to include **balance and flexibility** exercise.

What does this mean for you!

Staying Active is one of the KEYS to GOOD HEALTH, but you also need to keep your STRENGTH and FLEXIBILITY for life.

Find something you **love** and keep it going – run, walk, swim, cycle, dance, garden, move and groove.

Keep up your **YOGA** – it is a great way to work on your strength and flexibility.

You don't need to be a gym member to stay strong. Consider unique ways to **strength train** – use bands, buy some dumb bells for home, try new circuit gym classes, use your body weight – put on some music and go for it.

GOOD NEWS – if you don't know what to do to keep yourself strong remember Yoga Plus Therapies offers one on one training, regular weekend workshops and in the near future James will be releasing a NEW book **Stronger for Longer - Strength Training with Bands**. It will offer safe guidelines and exercises in 3 different programs, in how you can keep yourself strong for life at home.