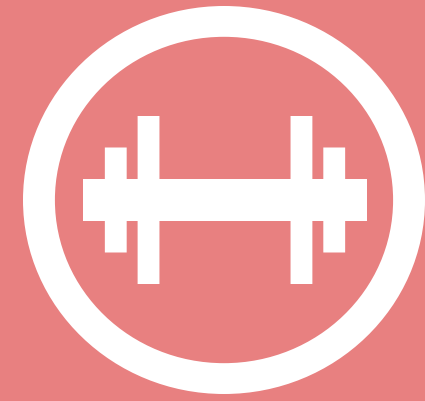


SMU WellFacts

Physical Activity



The Equation

150 Minutes*
Moderate-Intensity
Aerobic Activity

- OR -

75 Minutes*
High-Intensity
Aerobic Activity

+

2 or more days*
Muscle-Strengthening
Activity

=

**Substantial
Health
Benefits**

*per week

Types of Physical Activity



**Aerobic
(Low Intensity)**

Slow rhythmic movement of
muscles in the body

- Walking to class
- Dancing
- Climbing Stairs
- Cleaning Room
- Lawn games

**Aerobic
(High Intensity)**

Fast rhythmic movement of
muscles in the body

- Running
- Cycling
- Swimming
- Intramural Sports
- GroupX Classes

**Muscle
Strengthening**

Increasing muscle mass through
resistance exercises involving
major muscle groups

- Push-ups
- Resistance Bands
- Free Weights
- Gymnastics
- Rock Climbing

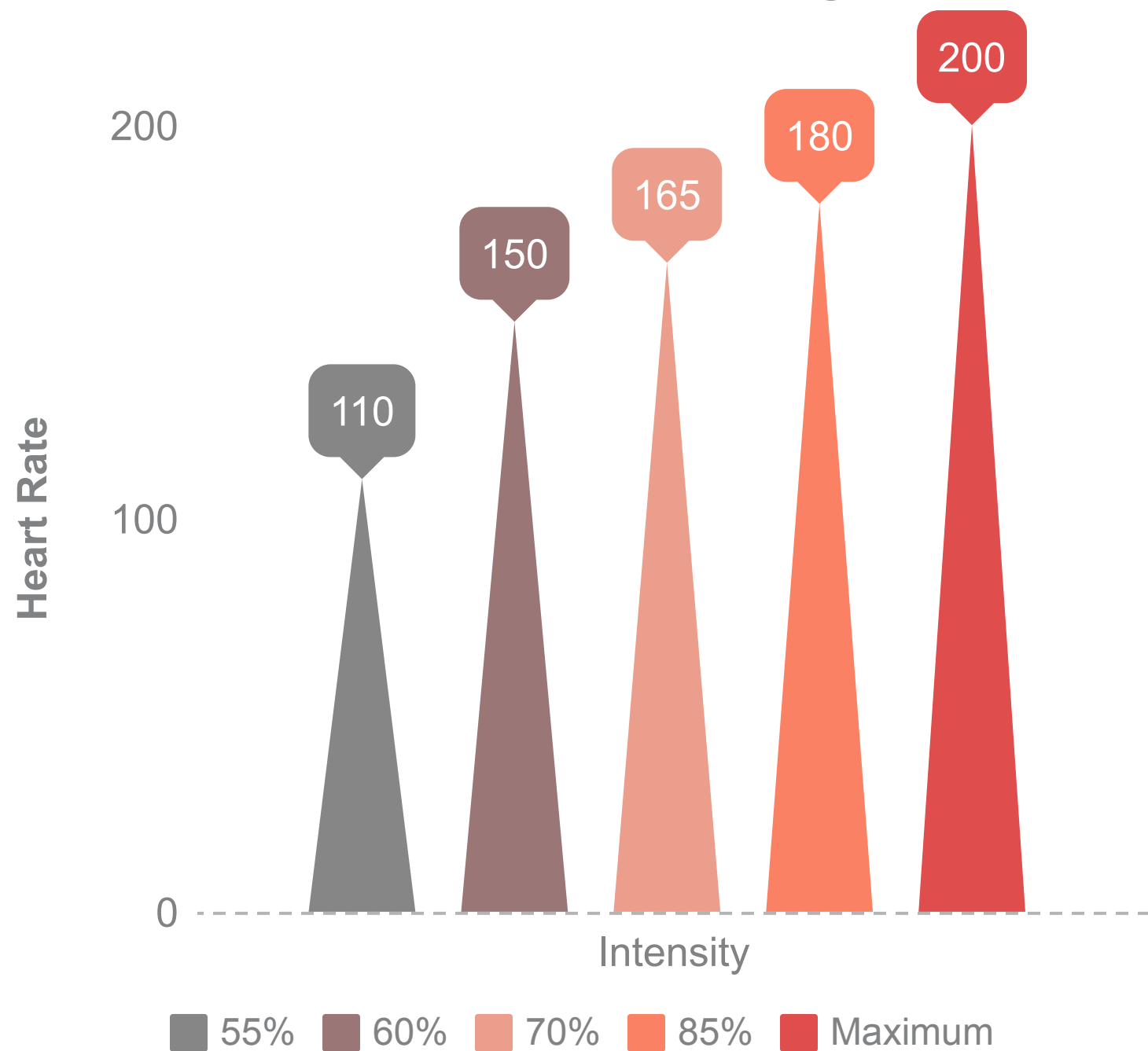
**Balance &
Flexibility**

Isolating muscle groups and
lengthening them to improve
range of motion and control

- Pilates
- Yoga
- Tai-Chi
- Static Stretching

Measuring Physical Activity

Heart Rate Chart - Age 20



Heart Rate

One way to determine the intensity of your exercise is by measuring heart rate. As you exercise, your heart rate increases due to the demand for oxygen by your body.

The chart on the left shows the percentage of intensity of a workout based on heart rate



Goal: Lower Your Resting Heart Rate (Normal Resting HR = 60-100 bpm)



Warm-Up

5 - 10 minutes before

- Supply Oxygen to muscles
- Reduce chance of injury
- Increase heart rate

Example:
If you are going on a run, walk or jog at a slower pace for 5 minutes



Cool-Down

5 - 10 minutes after

- Decrease heart rate
- Reduce lactic acid build-up
- Prevent blood pooling

Example:
If ending a long run, walk for about 5 minutes followed by stretching

SMU Resources

Dedman Center for Lifetime Sports
dedmancenter@smu.edu
GroupX Classes & Personal Training
[ggarcia@smu.edu](mailto:garcia@smu.edu)
Outdoor Adventures
amitugo@smu.edu

Dr. Bob Smith Health Center
6211 Bishop Boulevard
Dallas, TX 75205
214-768-2393 | healthed@smu.edu

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