

Stay Active to Stay Healthy

SAN FRANCISCO
HEALTH PLAN™



Here for you

Keeping active throughout the week is one of the best things you can do for your health. Sitting less and staying active helps you right away and in the long term.

Each week adults need **at least 150 minutes of moderate effort physical activity** and **2 days of muscle strengthening activity**. You can spread your exercise out during the week. Try 30 minutes at a time for 5 days each week. Or try 10 minutes after lunch and 10 minutes after dinner each day. Each minute and each step counts!



Benefits Right Away

- Better sleep
- Less anxiety
- Lower blood pressure



Long-term Benefits

- Healthy weight and less weight gain
- Better bone health
- Less risk of depression and dementia
- Less risk of heart disease, stroke, and type 2 diabetes
- Less risk of cancer
- Less risk of falls and better balance and coordination

4 Main Types of Exercise

Get active each day so you can keep doing what's most important to you. Practice all 4 types of exercise for the most benefits.

Endurance

- Helps keep your heart and lungs healthy
- Aerobic workouts that get you breathing harder and your heart beating faster
- Cardio is a common type of endurance workout
- Try climbing steps or dancing



Strength Training

- Builds muscle and strong bones
- Using weights, exercise bands, or body weight
- Try lifting groceries or carrying grandchildren

Flexibility

- Better balance and joint health
- Try stretching, yoga, or tai chi



Balance

- Prevents falls and injuries
- Tip: Use a wall or chair for support



Talk with your Primary Care Provider* (PCP) about activities that may be good for you. Or **find a local fitness class** in person or online.

**Your Primary Care Provider is the doctor, physician assistant, or nurse practitioner in charge of your health care.*

For more information call Customer Service at **1(415) 547-7800** or visit **sfhp.org/health-ed**

24/7 Nurse Advice Line **1(877) 977-3397** | Talk to a doctor 24/7 **sfhp.org/teladoc**

Physical Activity for Different Groups

Preschool-Aged Children (3–5 years)

- Physical activity each day throughout the day

Children and Adolescents (6–17 years)



- At least 1 hour of moderate-to-vigorous effort cardio each day
- At least 3 days a week:
 - Vigorous cardio such as running or soccer
 - Activity that strengthens muscles such as push-ups or climbing
 - Activity that strengthens bones such as jumping rope or gymnastics

Adults (18–64 years)



- At least 150 minutes a week of moderate cardio such as brisk walking
- At least 2 days a week of activities that strengthen muscles

Older Adults (65+)

- At least 150 minutes a week of moderate cardio such as brisk walking
- At least 2 days a week of activities that strengthen muscles
- Activities to better balance such as standing on one foot or tai chi

Adults with Chronic Conditions and Disabilities

- At least 150 minutes a week of moderate cardio such as brisk walking
- At least 2 days a week of activities that strengthen muscles

Pregnant and Postpartum Women

- At least 150 minutes a week of moderate cardio such as brisk walking



Exercise will support your health no matter what age. Go to the [Physical Activity Guidelines for Americans](#) for more details.

Some activity is better than none, even if you can't meet the recommendations. Listen to your body and work out at a pace that is right for you. Talk to your PCP or physical activity specialist about the types of activities you should do and how much based on your ability.



You can also call the 24/7 Nurse Advice Line at **1(877) 977-3397**. Or talk to a doctor by phone or video with **Teladoc**.[®]

Learn more about physical activity for adults with chronic conditions and disabilities at **CDC**.

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Examples of Physical Activity

Try moderate or vigorous aerobic activity each week. You can also try a mix of both. A rule of thumb is that 1 minute of vigorous activity is about the same as 2 minutes of moderate activity.

Moderate effort is when you are moving enough to raise your heart rate and break a sweat. One way to tell if your work out is moderate effort is if you can talk but not sing while you are doing it. Some examples are:

- **Walking** 2 miles in 30 minutes (15 min/mile)
- **Water aerobics** for 30 minutes
- **Gardening** for 30–45 minutes
- **Pushing a stroller** 1.5 miles in 30 minutes
- **Washing a car** for 45–60 minutes
- **Stair walking** for 15 minutes
- **Shoveling snow** for 15 minutes
- **Wheeling self in wheelchair** for 30–40 minutes



Vigorous effort is when your heart rate has gone up quite a bit. You may be breathing hard or fast. You can tell if you are using vigorous effort if you can only say a few words without stopping for a breath. Some examples are:

- **Biking** 5 miles in 30 minutes
- **Swimming** laps for 20 minutes
- **Jumping rope** for 15 minutes
- **Basketball** for 30 minutes
- **Football** for 45 minutes
- **Water aerobics** for 30 minutes
- **Running** 1.5 miles in 15 minutes (10 min/mile)

Examples for Your Week

Moving more and sitting less has great benefits for all people, no matter your age, sex, race, ethnicity, or current fitness level. Try some of the ideas below during your week.

Example 1: Moderate

- Moderate cardio such as brisk walking for 150 minutes each week, and
- 2 or more days of exercise that strengthen muscles



Example 2: Vigorous

- Vigorous cardio such as running or biking for 75 minutes each week, and
- 2 or more days of exercise that strengthen muscles



Example 3: Mix

- A mix of moderate and vigorous cardio on 2 or more days a week, and
- 2 or more days of exercise that strengthen muscles

Sources:



"How much physical activity do adults need?"
Centers for Disease Control and Prevention
[cdc.gov](https://www.cdc.gov)



"Exercise and Fitness"
National Heart, Lung, and
Blood Institute | [nhlbi.nih.gov](https://www.nhlbi.nih.gov)



"Benefits of Physical Activity"
Centers for Disease Control and Prevention
[cdc.gov](https://www.cdc.gov)



*"Physical Activity Guidelines
for Americans"*
[health.gov](https://www.health.gov)



"Physical Activity Recommendations for Different Age Groups"
Centers for Disease Control and Prevention
[cdc.gov](https://www.cdc.gov)