

Moving in-the-midst of COVID-19

Physical Activity for Heart Health



Physical activity improves **cardiorespiratory function.**

Physical activity is associated with increased cardiorespiratory function in adults! Even small physical activity increases for individuals new to exercising have high potential of reducing risks for chronic disease and mortality.

http://www.sportscardiologybc.org/wp-content/uploads/2016/03/BCMJ_Vol58_No_3_cardiorespiratory_fitness.pdf

At-Home Activities

Take a break from your daily routine to fit in some moderate-to-vigorous physical activity!

- Go for a **jog** in your neighborhood and track your distance with **Map My Run**. See if you can beat your distance on your next run!
- Make fitness fun! Check out **Zombies, Run!** for a thrilling take on aerobic activity.

(Practice social distancing and wear a protective face covering when interacting with others outside your home)

Physical Activity Resources

- Map My Run ([app](#))
- Zombies, Run! ([app](#))

Exercise Intensity

Low Intensity

Can easily talk and sing without breathing hard

Moderate Intensity

Can comfortably talk, but can't sing

Vigorous Intensity

Can only say a few words before gasping for breath

For optimal health benefits, **adults** should strive for at least 150 minutes per week of moderate to vigorous physical activity, while **children and adolescents** should get **60 minutes per day!**

