



- Find an exercise buddy. Exercising with a buddy keeps you accountable and helps make exercising more fun.
- Start slowly. Ease into your exercise routine. Pick a low intensity exercise to start with and gradually increase to moderate or vigorous intensity.

Some examples of moderate and vigorous activities include:

### **Moderate**

- Walking briskly (about 3.5 miles per hour)
- Bicycling (less than 10 miles per hour)
- Gardening (raking, trimming shrubs)
- Dancing
- Golf (walking and carrying clubs)
- Tennis (doubles)

### **Vigorous**

- Running/jogging (5 miles per hour)
- Walking very fast (4.5 miles per hour)
- Bicycling (more than 10 miles per hour)
- Heavy yard work, such as chopping wood
- Aerobics
- Tennis (singles)

Lockwood said, “One of the best lifestyle behaviors to improve health is being physically active. Dust off your sneakers and let’s get moving.”

For more information on available resources in your town visit:

- Middlefield Parks and Recreation at <http://www.middlefieldct.org/parks-recreation-2/>
- Plainville Parks and Recreation at <https://www.plainvillect.com/recreation-department>, or
- Southington Parks and Recreation at <https://www.southington.org/departments/recreation/index.php>.

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The mission of the Plainville Southington Health District is to preserve, protect, promote, and improve the quality of life in a healthy environment through the prevention of disease, ongoing health education opportunities and the enhancement of the well-being of its residents.