

# *Active for a* **HEALTHIER Life**

## **Frequently Asked Questions**

### ***Why is Active for a Healthier Life eight weeks long? Can it be longer?***

It can be, but research shows that eight weeks is the optimal length of time for trying out a new program. Eight weeks will allow you to get a feel for scheduling exercise into your life and will enable you to see results. It takes time to experiment with new goals and schedules.

### ***How do I earn points?***

As a participant in Active for a Healthier Life, you earn 1 point for each minute of daily activity. If you walk for 30 minutes, you earn 30 points.

### ***Do I have to be active during work to earn points?***

No. You can find time to be active before, during, or after work. You might find active things to do on the weekends and then begin experimenting with ways to work activity into everyday life. Examples include taking the stairs instead of the elevator or parking your car at the far end of the lot so that you increase the walking distance to your office. It's important to fit activity into the daily rhythms of your busy life. That's the secret ingredient to achieving your fitness goals.

### ***Why is it important to set goals and keep track of my points?***

Goal setting and record keeping are important skills for helping you change behavior. Goal setting allows you to take an honest look at where you are and where you want to be. One of the best methods for achieving a goal is to create a contract with yourself. This forces you to make a commitment. Tracking your points allows you to see the progress you are making and where you need to go. These tools promote self-accountability and help keep you motivated over the long haul.

### ***What is the recommended level of activity?***

The physical activity recommendation is at least 30 minutes a day of moderate exercise, 5 days a week (150 minutes a week). This is the recommendation of most health organizations, such as the American Cancer Society and American Heart Association

### ***What is the maximum amount of points I can set as my goal?***

Even though the recommended minimum point goal for the week is 150 points, you can set a higher goal. Past participants have set ambitious goals like 1,000 points a week. Others stick to the recommended minimum 150 points a week. You decide.

### ***What do I do if I surpass my goals before the program is over?***

If you underestimate your activity potential, continue to participate in the program and record your points. Continue to challenge yourself!

### ***What is the difference between moderate and vigorous exercise?***

Moderate activities make you breathe as hard as you would during a brisk walk. These include dancing, heavy housework, walking at a quick pace, and biking. Vigorous activities are those that make you breathe as hard as you would while running. These include many sports and jogging. Stretching and strength-building activities, such as weightlifting, yoga, and tai chi, also count. It doesn't matter what activity you do, as long as it promotes physical activity.

### ***What is the definition of regular exercise?***

Most fitness professionals refer to regular exercise as a scheduled period of five times a week. For example, if you walk your dog every day for 15 minutes, you are participating in regular exercise. The goal of Active for a Healthier Life is to encourage you to schedule exercise into your daily routine.