

ATU Healthy Employee Lifestyle Program

Physical Activity Fact Sheet

Endurance Activity

- Brisk walking or jogging
- Yard work (mowing, raking)
- Dancing
- Swimming
- Biking
- Climbing stairs or hills
- Playing tennis or basketball

Balance Activity

- Tai Chi
- Standing on one foot
- The heel-to-toe walk
- The balance walk
- Standing from a seated position

Strength Activity

- Lifting weights
- Carrying groceries
- Gripping a tennis ball
- Overhead arm curl
- Arm curls
- Wall push-ups
- Lifting your body weight
- Using a resistance band

Flexibility Activity

- The back strength exercise
- The inner thigh stretch
- The ankle stretch
- The back of leg stretch