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

Information obtained from: <u>https://www.nia.nih.gov/health/exercise-and-physical-activity/four-types-exercise-can-improve-your-health-and-</u>

physical#:~:text=Most%20people%20tend%20to%20focus,Each%20one%20has%20different%20ben efits.