
Exercise: Adding Intensity

You have been exercising for at least 30 minutes most days of the week. Now you can move on to the next stage: increasing the intensity. This means doing your activity in one or more of these ways:

- Longer. Exercise for 30 minutes or more without a break.
- Faster. Hike, run, or skate fast enough to raise your heart rate moderately—as if you had walked fast to catch a bus.
- More often. Do your activity more times a week.



Not just gym class

Be creative. You can reach your health and fitness goals in many ways. Try some of these activities:

- Team sports, like basketball or soccer
- Social or recreational activities, like hiking or dancing
- Individual exercise, like cycling, swimming, or skating
- Group fitness classes, like aerobic classes or weight training

Safety first

Whatever activity you choose, think about safety:

- Wear the right safety gear and shoes for your activity.
- Drink plenty of water during and after workouts.
- Wear light-colored, reflective clothing if you're out when it's dark.
- Make time to warm up before you exercise and cool down after.

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- Carry ID (identification) with you if you're out alone. And be sure someone knows where you're going.
 - If you're on foot, travel against traffic (except on blind corners). If you're on a bike, go with traffic. Obey the rules of the road.

Tips for sticking with it

- Find a workout partner or sports club. If you know someone is expecting you, you'll be less likely to skip your workout.
- Pack a workout bag with everything you need. Then it's ready when you are.
- Choose a few different activities so you'll stay interested. Make it fun!

What will help you to stick with it?

- 1.
- 2.
- 3.