

NEAT Fact Sheet

Exercise & Water

- **For health benefits, exercise should be moderate to vigorous and add up to at least 30 minutes per day.**
- **Moderate exercise examples:** Walking briskly, hiking, yardwork/gardening, dancing, golf (if walking and carrying clubs), bicycling, and lifting weights
- **Vigorous exercise examples:** Running/jogging, bicycling over 10 miles/hour, swimming laps, aerobics, walking very fast, heavy yardwork (i.e. chopping wood), heavy weight lifting, competitive basketball
- **Benefits of exercise:**
 - Improves self-esteem and feelings of well-being,
 - increases fitness level,
 - helps build and maintain bones, muscles, and joints,
 - builds endurance and muscle strength,
 - enhances flexibility and posture, helps manage weight,
 - lowers risk of heart disease, colon cancer, and type 2 diabetes,
 - helps control blood pressure,
 - reduces feelings of depression and anxiety
- **Water Needs During Exercise:**
 - Drink 2 cups of water before exercise
 - Drink water every 15 minutes during exercise
 - Sports drinks are not needed unless exercising for over an hour
 - Water is calorie-free, so it contributes to calorie control

