

# Physical Activity Guide

Research shows that participating in physical activity even just a few weeks before surgery can improve recovery and possibly decrease complications from your surgery.

Physical activity programs include both aerobic activity, such as walking or running, and muscle strengthening, which uses resistance bands, hand weights, or body weight.

Use the guide below to plan your physical activity program. Your weekly plan should include both aerobic and muscle strengthening activities.

CATEGORIES (CHOOSE ACTIVITIES FROM BOTH)	WHAT ACTIVITIES COUNT?	HOW OFTEN SHOULD I DO THEM?
<p><b>Aerobic Activity</b> You can choose to do moderate or vigorous activities.</p>	<p><b>Moderate Activities</b> <i>You should be able to talk while doing moderate activities.</i></p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• Walking briskly</li> <li>• Biking on level ground</li> <li>• Sports such as baseball or tennis (doubles)</li> <li>• Ballroom dancing</li> <li>• Water aerobics</li> </ul>	<p>Aim for 30 to 60 minutes each day for five days per week, or a total of 150 to 300 minutes per week.</p>
	<p><b>Vigorous Activities</b> <i>You should only be able to say a few words while doing vigorous activities.</i></p> <p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• Running or jogging</li> <li>• Biking faster than 10 miles per hour</li> <li>• Sports such as basketball or soccer</li> <li>• Aerobic dance, such as Zumba</li> <li>• Jumping rope</li> </ul>	<p>Aim for a total of 75 to 150 minutes each week, for at least 10 minutes at a time.</p>

<p><b>Muscle Strengthening Activity</b></p>	<p>Choose five exercises that target the major muscle groups. These include legs, back, chest, arms, stomach, shoulders and hips.</p> <p>Do 8-12 repetitions of each exercise per session.</p>	<p>Aim for 30 minutes each day for at least two days per week.</p>
<p><b>Example Muscle Strengthening Activities</b></p> <ul style="list-style-type: none"> <li>• Lifting weights, such as bicep curls and shoulder press.</li> <li>• Resistance bands.</li> <li>• Climbing stairs.</li> <li>• Walking uphill.</li> <li>• Push-ups and pull-ups.</li> <li>• Sit-ups.</li> <li>• Squats.</li> </ul>		

**HELPFUL TIPS**

- All activities can be done at home, at the gym, or even outside when weather permits.
- Warm up and cool down. Start and end each session by walking slowly for five minutes. This helps your muscles, joints and heart prepare for exercise and helps prevent soreness afterward.
- Wear comfortable and properly-fitted shoes for exercise. They should be shock-absorbent and skid-proof such as sneakers.
- As you become stronger, try adding more intensity to your muscle strengthening routine by doing two sets of 8-12 repetitions each.
- It's OK to start small! Do what you can - your health will benefit from even five minutes of physical activity each day.

**WHERE CAN I FIND MORE RESOURCES ON PHYSICAL ACTIVITY?**

For help planning your weekly goals and activities:

<https://health.gov/moveyourway/activity-planner/>

If you prefer to go digital:

Try a fitness app such as My Fitness Pal, The 7 Minute Workout and Map My Fitness.

If you are having trouble getting started:

<https://www.cdc.gov/physicalactivity/basics/adding-pa/barriers.html>

*Information provided by the Illinois Surgical Quality Improvement Collaborative*

