



American Heart Association.

EmPOWERED to Serve™

# Get Active!

## RESOURCE LIST

### **Call to Action:**

Establish a physical activity plan for yourself that complies with the American Heart Association's physical activity recommendations for adults: at least 150 minutes per week of moderate-intensity aerobic activity or 75 minutes per week of vigorous aerobic activity (or a combination of both).

The lesson provides suggested American Heart Association/American Stroke Association resources. You can tailor the lesson to your specific community needs. Add more resources or substitute different ones to make the lesson work best for your community.

### ***Is the program aimed at adults?***

Yes. Keep participants interested by breaking them into small groups to review a resource. Ask each group to share what they learned with the full group.

### ***No audiovisual equipment?***

No worries. Make copies of printed handouts. Ask participants to take turns reading key messages aloud.

### ***Have a projector?***

Great. Use the slides to guide your talk. Consider downloading an American Heart Association PSA for one of your interactive activities.

### ***Have a good Internet connection?***

Show one of the many American Heart Association or Go Red for Women videos available for streaming, break participants into groups to take an online quiz or give a demo of an online tool.

### ***Think about which formats best teach the health messages to your community members.***

Consider what type of information is most motivating for your community.



The icon in front of each resource tells you the format of that activity. Below are tips on how to incorporate that activity into the lesson and how much time to budget for it.



**Video:** Play the video and engage participants in a discussion after the viewing.



**Printed Handout:** Ask volunteers to take turns reading the information on the handout.



**Group Discussion:** Break participants into small groups. Ask each group to review the resource and report what they learned to the full group.



**Online Tool:** Give a short demonstration of the tool. Encourage participants to make a note of the URL so they can access it from home.

### Point 1: Physical Activity Recommendations



#### **AHA Recommendations for Physical Activity in Adults and Kids**

Based on science supporting the connections between physical activity, overall health and well-being, disease prevention and quality of life.

[bit.ly/320sYWf](https://bit.ly/320sYWf)



#### **Physical Activity Recommendations for Adults Infographic**

Infographic details the American Heart Association recommendations for physical activity.

[bit.ly/38C3Qrk](https://bit.ly/38C3Qrk)



#### **Physical Activity Recommendations for Kids Infographic**

Active kids have a better chance of a healthy adulthood. This infographic details the recommended amount of exercise kids should have daily.

[bit.ly/2wbQ14h](https://bit.ly/2wbQ14h)



**The Anti-aging Power of Exercise**

Physical activity and strength training can help you feel younger and stay healthier, well into your later years.

[bit.ly/2PtCbBk](http://bit.ly/2PtCbBk)



**Be More Active Infographic**

Information for adults and kids about moving more – and tips for success.

[bit.ly/2Hz2AZY](http://bit.ly/2Hz2AZY)



**Is Your Workout Working? Infographic**

Check the chart to see how aerobic activities affect your health goals according to your weight.

[bit.ly/2Tk9J61](http://bit.ly/2Tk9J61)



**Balance Exercise**

Balance is one of the four types of exercise along with strength, endurance and flexibility to include in a healthy workout routine.

[bit.ly/2TmL5li](http://bit.ly/2TmL5li)

**Point 2: Overcoming Possible Barriers to Physical Activity**



**Why Is Walking the Most Popular Form of Exercise?**

For most people, it's a safe, easy-to-stick-with and low- or no-cost activity.

[bit.ly/39IVf6o](http://bit.ly/39IVf6o)



**Fit in Walking: Morning Noon or Night**

Walking is one of the most versatile forms of exercise.

[bit.ly/2wgocrB](http://bit.ly/2wgocrB)



**American Heart Association – Binge Breaks Intro**

Break up your binge fest with some simple exercise you can do in your living room. (0:30)

[bit.ly/2vJKXoe](http://bit.ly/2vJKXoe)



**American Heart Association – Sofa Stretch**

Break up your binge fest with sofa stretches. (0:30)

[bit.ly/3abKWif](https://bit.ly/3abKWif)



**American Heart Association – Lunges**

Break up your binge fest with lunges. (0:30)

[bit.ly/2w5tjei](https://bit.ly/2w5tjei)



**American Heart Association – Dips**

Break up your binge fest with dips. (0:30)

[bit.ly/3805vWA](https://bit.ly/3805vWA)



**American Heart Association – Torso Twist**

Break up your binge fest with torso twists. (0:30)

[bit.ly/2HWeT2D](https://bit.ly/2HWeT2D)

**Point 3: Create a Physical Activity Plan**



**Exercise Within Reach**

Learn about the difference between moderate- and vigorous-intensity physical activity, how to calculate your target heart rate and creative solutions to common barriers. (1:39)

[bit.ly/2P1vdTS](https://bit.ly/2P1vdTS)



**Stretches for Exercise and Flexibility**

Basic stretches that should be an important part of any activity program.

[bit.ly/38BGVMN](https://bit.ly/38BGVMN)



**Healthy Post-Workout Snack Recipes**

Choose one of these to reward yourself after your workout.

[bit.ly/2vK1L7S](https://bit.ly/2vK1L7S)



**Set Your Fitness Goals**

Answer these five questions before starting a new fitness program.

[bit.ly/2vepQds](https://bit.ly/2vepQds)



**What's on your playlist? Pump up the jam for better exercise**

Research shows a killer playlist may be just what you need to help you stick with that workout routine. It might make you faster and stronger, too. (0:31)

[bit.ly/2HV62yi](https://bit.ly/2HV62yi)



**Five ways to boost your workout**

Staying active is one of the most important things you can do to prevent heart disease and improve overall health and well-being. (0:35)

[bit.ly/2HV62yi](https://bit.ly/2HV62yi)



**Make Every Move Count Infographic**

How even small daily steps can add up to huge strides.

[bit.ly/2T5Egp7](https://bit.ly/2T5Egp7)