



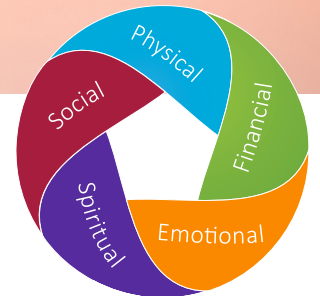
# Wespath

BENEFITS | INVESTMENTS

a general agency of The United Methodist Church

REIMAGINE PHYSICAL ACTIVITY

## Resources Physical Activity Toolkit



Check with your primary care provider to make sure beginning an exercise program is the right thing for you to do. Also, be aware of the source of the information. The resources below are from reputable government agencies or organizations.

### Physical Activity Guidelines and Background—*Information*

- Centers for Disease Control and Prevention—Physical Activity and Health  
<http://www.cdc.gov/physicalactivity/index.html>  
<http://www.cdc.gov/physicalactivity/basics/pa-health/index.htm>  
[http://www.cdc.gov/physicalactivity/downloads/pa\\_examples.pdf](http://www.cdc.gov/physicalactivity/downloads/pa_examples.pdf)
- Office of Disease Prevention and Health Promotion—Physical Activity Guidelines  
<http://health.gov/paguidelines/>

### Exercise Library or Workout Builders—*Cardiovascular Exercise, Strength Training and Flexibility*

- American Council on Exercise—Exercise Library  
[https://www.acefitness.org/acefit/fitness\\_programs\\_exercise\\_library\\_details.aspx?exerciseid=5](https://www.acefitness.org/acefit/fitness_programs_exercise_library_details.aspx?exerciseid=5)
- IDEA Health and Fitness Association—Exercise Library and Workout Builder  
<http://www.ideafit.com/exercise-library>
- International Sports and Sciences Association  
<https://www.issaonline.edu/personal-training-resources/hyperstrike/>

### **Calculating Heart Rate—*Cardiovascular Exercise***

- Centers for Disease Control and Prevention  
<http://www.cdc.gov/physicalactivity/basics/measuring/hearttrate.htm>
- American Council on Fitness  
[https://www.acefitness.org/acefit/healthy\\_living\\_tools\\_content.aspx?id=7](https://www.acefitness.org/acefit/healthy_living_tools_content.aspx?id=7)

### **Nutrition, Physical Activity, and Obesity—*Information***

<http://www.cdc.gov/nccdphp/dnpao/index.html>

### **Physical Activity: Walking—*Cardiovascular Exercise***

<http://www.cdc.gov/physicalactivity/walking/index.htm>

### **Muscle Strengthening—*Strength Training***

<http://www.cdc.gov/physicalactivity/basics/videos/index.htm>

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*Consult with your physician prior to beginning an exercise program.*

*Wespath's sharing of this general information should not be construed as, does not constitute, and should not be relied upon as medical advice nor other professional advice or services on any specific matter.*