



## Get in the Game: Sports Fitness

In addition to walking, participating in sports can be a great way to get active or stay that way. Most sports require a combination of strength, endurance, flexibility and balance. They typically involve regular practice, which helps you stay active. And the goal of competing or improving performance can be a great motivator.

The amount of active training will vary with each sport. You would not train the same way for volleyball as for soccer. You might, however, cross train. Cross training includes a variety of fitness activities.

Some sports offer moderate levels of activity, and some are more vigorous. Moderate activity means you can usually talk or hold a conversation while you do it. Vigorous activity means you may only be able to say a few words before getting out of breath.

The **weekly goal** for adults is *at least*:

*150 minutes of moderate exercise  
or  
75 minutes of vigorous exercise  
or  
a combination of the two*

Kids should get at least 60 minutes of moderate to vigorous activity *every day*.

Team and individual sports can be a fun way to meet some of your family's activity goals. Look for opportunities through your workplace, school or community recreation center. Many cities have amateur leagues for kids and adults.

### EXAMPLES

Moderate	Vigorous
Softball	Soccer
Volleyball	Basketball (game)
Downhill skiing	Snowshoeing
Golf	Hockey
Ballroom dancing	Football
Hunting & fishing	Racquetball
Table tennis (ping pong)	Boxing or sparring
Tennis (doubles)	Tennis (singles)

Choose sports and recreational activities that appeal to you. Do you prefer the continuous activity of soccer or basketball... or the precision of golf or archery? Do you enjoy the team atmosphere of volleyball or baseball... or the one-on-one competition of racquetball or boxing?

Whatever sport you choose, you'll be getting active which will help keep your heart healthy.

