**STUDY GUIDE:**

**Exercise Recommendations**

**Instructions:** The questions below can be used to guide further individual self-study, or group discussion, after watching **Exercise Recommendations.** If you are leading a group learning experience using this module, you may wish to review the questions with participants in advance of the session and again afterwards to gauge their learning.

1. Assess your own physical activity level over the past week. Did you meet the minimum recommendations for aerobic exercise and include muscle-strengthening activities?
2. List three ways you can increase your personal physical activity levels.
3. What are the four types of exercise?
4. How do the exercise recommendations for older adults differ from those for adults?
5. Name one way you personally can help increase physical activity in your community as a Well Connected Communities Volunteer.

**Additional Resources**

Seguin, R.A., Epping, J.N., Buchner, D.M., Bloch, R., & Nelson, M.E. (2002). *Growing Stronger: Strength Training for Older Adults.* Access at: <https://www.cdc.gov/physicalactivity/downloads/growing_stronger.pdf>

U.S. Department of Health and Human Services (2015). *Step it Up! The Surgeon General’s Call to Action to Promote Walking and Walkable Communities: Executive Summary*. Access at: <https://www.surgeongeneral.gov/library/calls/walking-and-walkable-communities/exec-summary.html>

U.S. Department of Health and Human Services Office of Disease Prevention and Health Promotion (2018). *Move Your Way Campaign Materials.* Access at: <https://health.gov/paguidelines/moveyourway/>

U.S. Department of Health and Human Services Office of Disease Prevention and Health Promotion (2012). *Physical Activity Guidelines for Americans Midcourse Report: Strategies to Increase Physical Activity among Youth*. Access at: <https://health.gov/paguidelines/2008/midcourse/pag-mid-course-report-final.pdf>

US Department of Health and Human Services (2018). *Executive Summary: Physical Activity Guidelines for Americans* (2nd ed.). Access at: <https://health.gov/paguidelines/second-edition/pdf/PAG_ExecutiveSummary.pdf>

US Department of Health and Human Services (2018). Top 10 Things to Know About the Second Edition of the Physical Activity Guidelines for Americans. Access at: <https://health.gov/paguidelines/second-edition/10things/>