

U.S. Public Health Service Commissioned Corps

## Junior Officer Advisory Group

*"Protecting, promoting, and advancing the health and safety of the Nation"*



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# GET FIT – STAY FIT

## Exercise Choices – What to do?

1. Moderate/Vigorous activity. 150 minutes of moderate aerobic activity or 75 minutes of vigorous aerobic activity a week, or a combination.
  - Walking, swimming, running, aerobics, biking, hiking
2. Strength training. All major muscle groups 2x/week. Do at least a single set of these exercises 12 to 15 repetitions.
  - Calisthenics, resistance band exercises, free weights
3. Flexibility exercises. 2x or 3x/week. Each stretch should be held for 10-30 sec to the point of tightness or slight discomfort. Repeat 2-4x, approx. 60sec.
  - Yoga, Pilates

### Quick Tip:

Check with local gyms or places that offer classes for package deals or download an exercise app to your phone



To view upcoming PHS Athletics events, visit: <https://dcp.psc.gov/osg/phsa/>

To view the Get Fit Stay Fit website, visit: [https://dcp.psc.gov/osg/JOAG/resources\\_getstayfit.aspx](https://dcp.psc.gov/osg/JOAG/resources_getstayfit.aspx)

To view sources, visit the following:

- <https://www.surgeongeneral.gov/priorities/prevention/strategy/active-living.html>
- <http://www.mayoclinic.org/healthy-lifestyle/fitness/expert-answers/exercise/faq-20057916>
- <http://www.acsm.org/about-acsm/media-room/news-releases/2011/08/01/acsm-issues-new-recommendations-on-quantity-and-quality-of-exercise>