

## Physical Activity: A Quick Self-Assessment

**How often do you.....**

Healthy Habit	5-7 days a week	3-4 days a week	1-2 days a week	Never
Do exercise that increases your heart rate (aerobic exercise) for at least 30 minutes				
Stretch all major muscle groups, holding each stretch for at least 15 seconds				
Attend a fitness class				
Perform strengthening exercises on all major muscle groups (lifting weights, using resistance-bands, push-ups, sit-ups, squats, etc.)				
Choose stairs over elevator				
Go for a walk of 20 minutes or more				
Exercise with a buddy				
Do exercise to strengthen your core (crunches, bridges, planks, etc.)				
Swim, water-walk, or do water aerobics				
Play a sport				