

What's a PAM?

The *Get Moving Kentucky!* program defines Physical Activity Miles (PAMs) as 15 minutes of continuous moving. All physical activity counts as long as your body is moving. The possibilities are endless! The goal is to include a variety of physical activities in your day. Choose several activities from the categories and examples provided for a well-balanced, physically active lifestyle. For the greatest health benefit, complete 30 minutes of physical activity (two PAMs) on most, if not all, days of the week.

Aerobic Activity

Aerobic activity is any activity that can be sustained for an extended period of time, uses large muscle groups (arms, legs) in a continuous, rhythmic nature and causes an increase in heart rate and respiration rate. Regular aerobic activity can reduce your overall health risk and increase the quality and length of your life.

Benefits of aerobic activity can include:

- Lower resting heart rate
- Lower blood pressure
- Increased lean body mass
- Reduced body fat
- Improved sleep patterns
- Increased self-esteem and confidence
- Reduced stress
- Weight loss and maintenance



Here are a few aerobic activities you can do to earn PAMs:

Walking	Jogging	Skating	Dancing	Step Aerobics
Biking	Rowing	Stair Climbing	Swimming	Cardio-kickboxing

Resistance and Flexibility Training

Resistance training, also called strength training and weight lifting, improves the health of your muscles by keeping them strong. There are many different kinds of training that make the muscles strong. All of them can be considered resistance training. The basic idea of resistance training is that when muscles work against some sort of force, they get stronger. This force, or resistance, can come from actual weights, such as dumbbells, or from your own body weight and gravity.

Benefits of regular resistance training can include:

- Reduced signs and symptoms of arthritis, diabetes, osteoporosis and depression
- Reduced back pain
- Improved balance and flexibility
- Improved sense of well-being
- Increased muscle tone



Flexibility training improves the range of motion of joints and the muscles and fibers connected to the joint. Improving your flexibility can make it easier to move around and perform everyday activities such as walking, standing, sitting, and reaching.

Benefits of flexibility training can include:

- Decreased risk of injury
- Reduced feelings of stress

Here are some activities you can do to earn PAMs and improve strength and/or flexibility:

Pilates Martial arts Dance (ballet) Weight lifting Yoga

Other Activities That Count

Sports

Some sports are not considered aerobic activities. They often include stop-and-start activities that don't keep the heart rate up for a sustained amount of time. Although not all sports can be included under aerobic activity, or resistance and flexibility training, most can earn you a PAM. Most sports help you burn calories, keep you moving, and can improve your overall health.

Here are a few sports you might like to try:

Basketball Baseball Soccer Volleyball
Softball Tennis Football Rock climbing
Hiking Skiing Hockey Golf



Chores

Much like sports, some chores require a lot of starting and stopping. However, when your body is moving, you are burning calories. You might even be doing resistance activities, such as moving furniture. Chores that are done for at least 15 minutes and keep you moving count as a PAM.

Here are some examples of chores that keep you moving:

Gardening Sweeping Mopping Trimming shrubs
Moving furniture Cleaning gutters Washing the car Bathing the dog
Washing windows Vacuuming Painting Push-mowing the lawn

Adapted from:

What Counts as a Physical Activity Mile? – Get Moving Kentucky! Program Manual;
Strong Muscles, Health Body – Get Moving Kentucky! Moving for Health Lesson;
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