



# What is the difference between **EXERCISE & PHYSICAL ACTIVITY?**

## The basics:

### Physical activity:

- Any bodily movement produced by skeletal muscles that results in energy expenditure.
- Everyone performs physical activity to sustain life, but the amount may vary considerably from person to person.
- Activities such as occupational, household, and many daily tasks are typically performed in the most efficient manner possible.
- Occupational, household, and daily tasks are usually structured with conservation of energy as a goal and performed with little regard to physical fitness.

### Exercise:

- Activity requiring physical effort, carried out to sustain or improve health and fitness.
- Exercise is a subcategory of physical activity.
- Planned, structured, and repetitive bodily movement.

### Consider:

There are health benefits to increasing your daily physical activity. However, adding structured, planned, intentional exercise is necessary to improve physical fitness. Exercise guidelines for people with PD include 150 minutes/week of at least moderate intensity aerobic activity and strength training exercises for major muscle groups 2 times per week.

If you notice a change in either physical activity or exercise, it is best to reach out to your physical therapist to discuss and consider a re-evaluation.

### Examples:

| Physical Activity   | Exercise  |
|---|---|
| <ul style="list-style-type: none"><li>• Household chores</li><li>• Gardening</li><li>• Using a standing desk for work</li><li>• Occupational tasks</li><li>• Walking the dog (slow walking)</li></ul> | <ul style="list-style-type: none"><li>• Brisk Walking</li><li>• Bicycling</li><li>• Aquatics</li><li>• Aerobic dancing</li><li>• Yoga</li><li>• Pilates</li><li>• Strength training</li></ul> |