

African American Wellness Guide to Cardiovascular Exercise

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Healthy goal for physical activity:

- Get the equivalent of at least 150 minutes (2 hours and 30 minutes) per week of moderate-intensity physical activity
- You can break up your weekly physical activity goal however you like. An easy plan to remember is 30 minutes a day on at least five days a week.

Guide to cardiovascular activity through African American dance expressions:

For 5 days this week watch a video of regional African American dance expressions.

Try to emulate or create your own version the dance you watched for while dancing to upbeat songs your like for 30 minutes.

There is NO wrong way to do this. If your heart rate goes up while you are dancing, you have accomplished your goal of cardiovascular exercise for the day!

East Coast

- **Go-Go: *Washington DC***
<https://www.youtube.com/watch?v=z2EtH68YR-8>



- **Baltimore Club Dancing: *Baltimore***
<https://www.youtube.com/watch?v=x9fnCZiwEh4&t=127s>



Midwest

- **Footwork: *Chicago***
<https://www.youtube.com/watch?v=0iQYF7QvAdY>



- **Memphis Jooking: *Memphis***
<https://www.youtube.com/watch?v=bQMp7vJI7HQ>



South

- **Second Line: *New Orleans***
<https://www.youtube.com/watch?v=NGhFpCc3tTw>



- **Zydeco: *Houston***
<https://www.youtube.com/watch?v=mgv8tQ-15MA&list=PLeGdTT0--8KhbKEVbBBpeaZd9fAznBzz9>



West Coast

- **Turf Dancing: *Oakland***
<https://www.youtube.com/watch?v=x2rYCB-DszM>

