



PHYSICAL ACTIVITY GUIDE

Why Is Physical Activity Important?

Physical activity is about moving and using energy. In addition to this being an important part of maintaining a healthy weight, regular movement helps joints stay flexible, muscles stay strong and active, and immune systems stay strong. How much activity is enough? Just 30 minutes of movement that increases the heart rate, five days a week, will help keep the heart, mind, and body in great shape!

Be sure to talk to your health care provider before beginning any new exercise program.

The Benefits of Physical Activity

Regular physical activity is one of the most important things you can do for your health. It can help:

- Control your weight
- Reduce your risk of cardiovascular disease
- Reduce your risk for type 2 diabetes and metabolic syndrome
- Reduce your risk of some cancers
- Strengthen your bones and muscles
- Improve your mental health and mood
- Improve your ability to do daily activities and prevent falls, if you're an older adult
- Increase your chances of living longer

	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
Example I	30 mins. of brisk walking	30 mins. of brisk walking	Resistance band exercises	30 mins. of brisk walking	Resistance band exercises	30 mins. of brisk walking	30 mins. of brisk walking
Example II	30 mins. of brisk walking	60 mins. of playing softball	30 mins. of brisk walking	30 mins. of brisk walking		Heavy Gardening	Heavy Gardening

Example I Physical Activity Total:

150 minutes moderate-intensity aerobic activity AND 2 days muscle strengthening

Example II Physical Activity Total:

150 minutes moderate-intensity aerobic activity AND 2 days muscle strengthening

Online Resources

www.fitness.gov

www.heart.org

www.letsmove.gov

Did You Know?

According to the President's Council on Fitness, Sports and Nutrition:

Less than 5% of adults participate in 30 minutes of physical activity each day; only one in three adults receives the recommended amount of physical activity each week.

28% of Americans, or 80.2 million people, aged six and older are physically inactive.

Children now spend more than seven and a half hours a day in front of a screen (e.g., TV, video games, computer).

Get Fit Tips

Keep sneakers with you at work to mix in physical activity throughout the day.

Bad weather? Try an active video game or keep an exercise DVD on hand.

