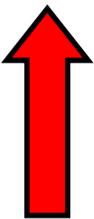


Physical Activity – It's Essential!

Taking part in physical activity on a regular basis is an essential part of a healthy lifestyle. Being active offers health and wellness benefits for everyone, regardless of age.

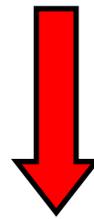
Be active on a regular basis to ...

Increase your chances of:



- Living longer
- Feeling better
- Sleeping well
- Moving around more easily
- Building stronger muscles and bones
- Maintaining a healthy weight
- Improved cognition

Decrease your chances of developing:



- Heart Disease
- High cholesterol
- Type 2 Diabetes
- High Blood Pressure and Stroke
- Certain Cancers
- Depression
- Dementia

Use the information below to find out how much physical activity you need. Activity must be of moderate or vigorous intensity (see back for details) in order to count toward your daily total.

People with health conditions or disabilities should consult a healthcare professional before beginning any new activity.



YOUNG CHILDREN (ages 3 - 5)

There are no specific recommendations for the number of minutes young children should be active; however, young children should **engage in active play** several times a day, through a variety of physical activities.

CHILDREN AND ADOLESCENTS (ages 6 - 17)

At least **60** minutes throughout **every** day. At least **3** days a week choose vigorous activities, and exercises that strengthen muscles and bones.

ADULTS (ages 18 - 64)

At least **150 minutes (2 1/2 hours)** per week. Add exercises that strengthen muscles at least **2** days a week.

OLDER ADULTS (ages 65 and older)

At least **150 minutes (2 1/2 hours)** per week. Add exercises that strengthen muscles at least **2** days a week and those to improve balance **3** days a week.



Deciding What Activity is Right for You

Moderate-intensity aerobic activity means you're working hard enough to raise your heart rate and break a sweat. One way to tell if you're working at a moderate intensity is if you can still talk but cannot sing the words to a song.

Some examples of moderate aerobic activity:

- | | |
|---|---|
| <ul style="list-style-type: none">• Walking at a brisk pace (3-4.5 mph)• Dancing• Riding a bike less than 10 mph• Raking leaves, general gardening | <ul style="list-style-type: none">• Playing catch• Skiing• Active housework such as sweeping or mopping floor, vacuuming, washing windows• Ice skating |
|---|---|

Vigorous-intensity aerobic activity means you're breathing hard and fast, and your heart rate has gone up a great deal. If you're working at this level, you won't be able to say more than a few words without taking a breath.

Some examples of vigorous aerobic activity:

- | | |
|--|---|
| <ul style="list-style-type: none">• Walking, jogging, or running at a fast pace (5+ mph)• Dancing energetically• Riding a bike faster than 10 mph• Shoveling heavy snow | <ul style="list-style-type: none">• Soccer, kickball, basketball• Jumping rope, jumping jacks• Swimming laps• Hiking uphill or with a heavy backpack |
|--|---|

Muscle-strengtheners:

- Using weights, resistance bands
- pushups, planks, situps
- digging, shoveling
- climbing

Bone-builders:

- Hopping
- skipping
- jumping rope
- running

Balance-helpers:

- Walking backward
- standing on one leg
- using a wobble board
- yoga



Follow these steps to help you stay on the road to fitness



Make physical fitness part of every day by choosing activities you can do regularly and enjoy.

Try something new! Sit less and move more.

Be active at home by joining a walking group with friends or neighbors, exercising to a video, playing with your kids, or gardening. Get the whole family involved!

Be active at work by taking a brisk walk during a break, doing some simple stretches, or joining in company activities. Take the stairs!

Be active at play by dancing away those rainy days with the kids, playing catch, walking to the playground, or going for a bike ride.

