



Be Active Every Day!

- relieve stress - lower risk of chronic diseases
- build & maintain bones - help maintain a healthy weight

According to the *Physical Activity Guidelines for Americans*, adults should aim for at least **150 minutes (2 hours and 30 minutes)** of moderate-intensity or **75 minutes (1 hour and 15 minutes)** per week of vigorous-intensity aerobic physical activity.

Do activities that will be regular and ones that you enjoy!



150 minutes of physical activity each week sounds like a lot, but you don't have to do it all at once.



It could be 30 minutes a day, 5 days a week. You can spread your activity out during the week and break it up into smaller chunks of time.

Have fun by . . .

- Walking the neighborhood with family & pets
- Swimming or try water aerobics
- Playing basketball, soccer, baseball, or skate
- Taking a class in martial arts, dance, or yoga
- Parking your car further away to get more steps
- Replacing a break with a 10-15 minute walk
- Hiking or biking trails
- Joining a gym and going with a friend



Make sure you have the right gear, music, and refuel at the end with a glass of milk!

