



BE ACTIVE

How will physical activity help me?

- Regular, moderate physical activity (30 minutes total at least five days per week) helps you to live longer and improves your quality of life.
- Physical activity:
 - ◆ Lowers cholesterol, blood pressure and blood sugar levels
 - ◆ Decreases risk of colon cancer, diabetes, and stroke
 - ◆ Strengthens bones, muscles and joints
 - ◆ Relieves the pain of arthritis
 - ◆ Helps maintain a healthy weight
 - ◆ Increases your energy level
 - ◆ Reduces stress and relax more
 - ◆ Helps you sleep better

If you have been inactive for a while:

- Start out slowly to prevent injury.
- Add 5-10 minutes every few days and build up to 30 minutes or more per day.
- Choose moderate-intensity activities you enjoy the most; you will be more likely to stick with them.
- Vary your activities, both for interest and to broaden the range of benefits.
- Explore new physical activities.
- Reward and acknowledge your efforts.

I have a busy life – how can I find the time to exercise?

Incorporate more activity into your daily routine:

- ◆ Take the stairs
- ◆ Put on some music and dance
- ◆ Park farther away from your destination
- ◆ Get on or off the bus several blocks away
- ◆ Walk during breaks at work
- ◆ Work in the garden
- ◆ Walk your child to school or the bus stop
- ◆ Exercise while watching TV
- ◆ Walk your dog
- ◆ Walk, cycle, or jog to work, the store, or to visit a friend
- ◆ Keep comfortable shoes in your car or office so you will be ready for activity wherever you go!
- ◆ Be creative. Every little bit helps!

Want to know more about physical activity?

Centers for Disease Control and Prevention <http://www.cdc.gov/nccdphp/dnpa>

There are 1,440 minutes in every day... Schedule 30 of them for physical activity!

Source: <http://www.cdc.gov/nccdphp/dnpa/physical/life/tips.htm>