



Physical Activity

for Your Health, Your Neighborhood,
and Your Life



Do you want good health for you and your family?

Do you want more energy to get you through the day?

And, do you want to reduce your risk of serious problems like obesity, type 2 diabetes, heart disease, stroke, and certain types of cancer?

If you answered “yes” to any of these questions, there are two easy things you can do. Get at least 30 minutes of physical activity and eat plenty of fruits and vegetables every day.



Why is it good to be physically active?

- Makes you look and feel great
- Gives you more energy
- Lowers stress and helps you relax
- Helps you get to and keep a healthy body weight
- Lowers your risk of type 2 diabetes, high blood pressure, heart disease, stroke, and certain types of cancer
- Helps build and keep healthy bones, muscles, and joints



How often should I be physically active?

- To take care of your health and reduce the risk of chronic diseases, you need at least 30 minutes of moderate-intensity physical activity every day.
- To keep your weight under control, you need 60 minutes of moderate- to vigorous-intensity physical activity on most days of the week.
- If you lost weight and want to keep it off, you need 60 to 90 minutes of moderate-intensity physical activity every day.

What is moderate-intensity physical activity?

It gets you up and moving and makes your heart beat faster. Brisk walking, biking, taking the stairs, dancing, and raking leaves are examples of moderate-intensity physical activity.

What is vigorous-intensity physical activity?

It makes you breathe hard and sweat. Running, jogging, playing soccer, fast dancing, and fast biking are examples of vigorous-intensity physical activity.