

## Healthy Lifestyle Tip Sheet......

# Physical Activity

30 Minutes a Day for Health and Happiness



### What is Physical Activity?

- ♥ Fun and enjoyable activities that increase your heart rate and burn more energy than when you are resting.
- ♥ Regular physical activity decreases the risk and symptoms of many chronic diseases including Heart Disease, Cancer, Stroke, Osteoporosis and Diabetes.
- Physical activity should not feel too strenuous or painful. There is a safe and enjoyable type of physical activity for everyone.

#### **Surgeon General's Recommendations**

- **▼ Adults**: 30 60 minutes of moderate physical activity on most days of the week.
  - \*This can be achieved with three 10 minute sessions or one longer session each day.
  - \*Increasing time and intensity will maximize benefits.
- ♥ Children: More than 60 minutes everyday.



#### Measuring Moderate Physical Activity.... **Use the "Talk Test"**

- ♥ If you feel physical exertion, but are able to converse, then you are working moderately.
- ♥ If you can sing a song, then you are working too lightly.
- ♥ Working below a moderate intensity will decrease health benefits.

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#### **Tips for Being More** Active

- ♥ Walk or ride your bike to work, school, and for fun.. 😊
- ♥ Park the car at the far end of the parking lot and walk.
- Take the stairs instead of the elevator.
- ♥ Play ball or tag with your children.
- Keep walking shoes at work for a brisk walk during your lunch break.
- ♥ Recruit a walking or running group.
- Dance to your favorite music.
- Don't ask if you will exercise, but when, and schedule it into your day!