

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.

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!



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.