

YOU NEED PHYSICAL ACTIVITY TO STAY HEALTHY!

MOVE MORE!



EAT BETTER. LIVE BETTER.

SOME BENEFITS OF PHYSICAL ACTIVITY

- » Strengthens your muscles and bones
- » Releases endorphins (en-dor-fens) to help you feel better!
- » Improves your mental health and mood
- » Reduces your risk of heart disease
- » Reduces your risk of Type 2 Diabetes
- » Reduces your risk of some types of cancer
- » Helps you sleep better
- » Reduces stress and anxiety
- » Increases your chance of living longer
- » Helps you lose excess body weight or maintain a healthy weight
- » Improves memory, concentration, and mental sharpness
- » Improves energy levels
- » Improves self-esteem

PHYSICAL ACTIVITY RECOMMENDATIONS

- » **ADULTS:** At least 150 minutes a week of moderate-intensity aerobic activity (something that gets your heart beating faster) plus muscle-strengthening activity at least two days each week
- » **KIDS:** At least 60 minutes a week of moderate intensity aerobic activity each day plus muscle and bone-strengthening activities at least three days each week

