

PHYSICAL ACTIVITY

An active lifestyle can lower your risk of early death from health problems like heart disease, high blood pressure, cancer, and depression. It can also prevent unhealthy weight gain, improve muscular fitness, and, for older adults, improve mental function.

- You gain health benefits from doing the following each week:
 - 2.5 hours of moderate intensity aerobic physical activity
 - or*
 - 1 hour and 15 minutes of vigorous-intensity aerobic physical activity
 - or*
 - A combination of moderate and vigorous-intensity aerobic physical activity
 - and*
 - Muscle strengthening activities on 2 or more days
- Moderate activity means your heart rate goes up, but you should still be able to talk easily. Vigorous activity means your heart rate goes up a lot and you breathe hard enough that it's hard to carry on a conversation.
- Take steps to prevent injury. These include:
 - Starting with short sessions
 - Warming up
 - Drinking plenty of fluids
 - Stopping if you don't feel well
- It may be harder to be physically active if you're large or disabled, but it is possible. Talk to your doctor to create a plan that works for you.
- Find ways to fit physical activity into your busy schedule. Don't let small challenges prevent you from being active.

FOR MORE INFORMATION

Physical Activity Guidelines for Americans (2008), U.S. Department of Health and Human Services

Phone number: 800-336-4797

Internet Address: <http://www.health.gov/paguidelines>

Division of Nutrition and Physical Activity, Centers for Disease Control and Prevention

Phone number: (770) 488-6042

Internet Address: <http://www.cdc.gov/nccdphp/dnpa/>

Food and Nutrition Information Center, U.S. Department of Agriculture

Phone Number: (301) 504-5414

Internet Address: <http://www.nal.usda.gov/fnic/>

HealthierUS.gov

Phone number: (301) 565-4167

Internet Address: <http://www.healthierus.gov/exercise.html>

Weight Control Information Network, National Institute of Diabetes and Digestive and Kidney Diseases

Phone number: (877) 946-4627

Internet Address: <http://www.niddk.nih.gov/health/nutrit/win.htm>

The President's Council on Physical Fitness and Sports

Phone number: (202) 690-9000

Internet Address: <http://www.fitness.gov/>

American Council on Exercise

Phone number: (888) 825-3636

Internet Address: <http://www.acefitness.org/>



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