

Physical Activity

The benefits

Physical activity is one of the most important things you can do for your health. It can help: control your weight; reduce high blood pressure; reduce your risk for type 2 diabetes, heart attack, stroke, and some cancers; strengthen your bones and muscles; improve your mental health and mood; and improve your ability to do daily activities and prevent falls.

Moderate Intensity aerobic physical activity should be completed for at least **2 hours and 30 minutes** each week.

- walking briskly
- water aerobics
- bicycling slower than 10 mph
- doubles tennis
- ballroom dancing
- general gardening

Vigorous Intensity aerobic physical activity should be performed for at least **1 hour and 15 minutes** each week.

- race walking
- jogging
- running
- swimming laps
- singles tennis
- aerobic dancing
- jumping rope
- hiking uphill or with a heavy backpack

Strength Training activities should be done at least **2 days** each week.

Overcoming barriers

- Identify at least three 30-minute time slots you could use for physical activity
- Develop new friendships with physically active people by joining a walking or hiking group
- Plan ahead by making physical activity a regular part of your daily or weekly schedule and write it on your calendar
- Join an exercise group or class
- Select activities that require minimal facilities or equipment, such as walking, jogging, or jumping rope



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