

INVIGORATE YOUR DAY

HOW MUCH DO I NEED?

- **Young children** (ages 2-5) should **play actively** every day.
- **Children and teens** should get **60 minutes** of activity each day.
- **Adults** need **2.5 hours each week**, or about **30 minutes each day**, most days of the week.

Getting plenty of physical activity is an **important part of a healthy lifestyle** to help burn the energy (calories) we get from the foods we eat. **Physical activity is good for your body.** It helps reduce your risk for many diseases including heart disease, obesity, diabetes, stroke, and depression. Remember to have fun! **Physical activity shouldn't be a chore.** Make activity a family event or find a friend to be a workout buddy. Discover activities you like and

GET MOVING EVERY DAY!

WHAT ACTIVITIES SHOULD YOU DO?

Choose activities that you enjoy and that fit your lifestyle. Aim to get a variety of activity including:



Balance and Flexibility activities like yoga, dance, and martial arts help with physical stability and stretching.



Aerobic activities like running, cycling, swimming, or playing basketball cause your heart to beat faster than usual and strengthen your heart, lungs, and blood vessels.



Bone-strengthening activities like walking, running, and jumping help strengthen and grow bones through the force of impact.



Muscle-strengthening activities like push-ups and lifting weights make your muscles stronger.