

Get Moving!

Benefits of Being More Active

You can lower your chance of getting:

- ▶ some cancers
- ▶ high cholesterol
- ▶ heart disease
- ▶ type 2 diabetes



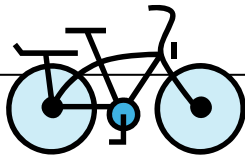
Being physically active may also:

- ▶ give you more energy
- ▶ help you sleep better
- ▶ help you keep a healthy weight
- ▶ reduce feelings of stress, depression and anxiety
- ▶ build healthy bones, muscles and joints
- ▶ lower your blood pressure if you have high blood pressure
- ▶ lower your bad cholesterol (low-density lipoproteins – LDL)
- ▶ increase your good cholesterol (high-density lipoproteins – HDL)

How Much Is Enough?

Being active just 30 minutes each day, most days of the week, can have a positive impact on your health!

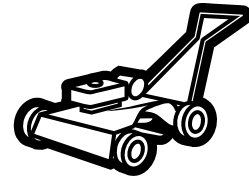
You can even split it up! Doing 3 quick 10 minutes sessions a day counts as 30 minutes for that day!



Getting Started

It's never too late to start - even if you have never been active or have not been active for a long time! There are a lot of things you can do to be physically active!

- ♥ Ride a bicycle
- ♥ Park your car farther away from your destination
- ♥ Dance around your home – alone, with a child or a friend!
- ♥ Take a brisk walk for some alone time or with a friend so you can catch up on each other's latest news
- ♥ Use a pedometer and set a goal for a certain number of steps each day
- ♥ Go into stores and restaurants rather than using the drive through
- ♥ Wash a car
- ♥ Walk and play with children or pets
- ♥ Vacuum
- ♥ Play a sport like baseball, bowling or tennis
- ♥ Clean out the attic, garage, basement or closet
- ♥ Weed the garden, mow the lawn or shovel the snow
- ♥ Take the stairs instead of the elevator or escalator



Keeping It Going

Make physical activity a part of your daily life. Pick activities you enjoy doing and that fit into your everyday routine. It will be easier to stay active if you enjoy what you are doing! **Remember, even small amounts of activity can make you feel a LOT better.**

