



Move 1 hour or more a day

What is physical activity?

Any movement you do that uses energy.

Walking, climbing the stairs, mowing your lawn, going to the gym or cleaning your house. Anything to move for at least 60 minutes per day. Remember, your 60 minutes doesn't have to be all at one time. Ten minutes here and there can add up to throughout the day!

Why move more?

Because moving powers your body and brain, so you can:

- Live longer
- Improve your mood
- Be at a healthy weight
- Move more easily
- Have fun
- Sleep great at night, and stay awake during the day

Move for an hour of power

READY: Map it

Map your activities for each day of the week (a walk, a bike ride, exercise video, etc.). Plan things co-workers or your family can do together.

SET: A goal and track it

Add a few more steps or minutes to each day. Track to see how small steps add up.

GO: Do it

Aim for at least one hour each day. Physical activity guidelines suggest getting 150 minutes of moderate intensity physical activity per week or 75 minutes of vigorous activity per week and two days of strength training per week.

Tip: Keep moving

If you haven't been very active in the past, start slow. Don't feel bad if you can't do a lot right away. Just keep moving a little more each day.

To rev it up:

- 1 Stand more. Sit less.
- 2 Get more active time, than "screen" time.
- 3 Some activity is good, more is better! Anything counts.

Think fun. It's easier – and more fun – when you move together.

Move it inside and build an active home.

Be a busy body. Find ways to get up and move more at home, work or wherever you are.

Chores galore – who can do more? Assign house work around the house.

Stand more. Sit less. Stand up and move when you're on the phone or watching TV.

Step it up. Wear a step counter (a pedometer). Challenge yourself to see if you can get 10,000 steps per day.

Dance! Crank up the music, put on your dancing shoes and get your groove on.

Check out your local fitness center. Find a gym with amenities you like - cardio equipment, weight equipment, basketball courts, etc.

Move it outside and boost your mood.

Turn your yard into a garden! Grow some veggies while getting active.

One mile or less. Walk or bike to run errands close to home.

Sign up for a run or walk. Sign up for one that benefits your favorite charity organization.

Connect with your neighbors for an outside activity. Try a game of kickball or volleyball.

Hike it. Or, bike it, kick it, climb it, ski it, sled it, kayak it, swim it – anything counts. Just move it outside and have fun.

Did you know...

- 1 Less than half of all adults meet the physical activity guidelines (150 minutes of physical activity per week and two days of strength training per week).
- 2 Inactive adults have higher risk of early death, heart disease, stroke and diabetes.
- 3 Research shows sitting less, regardless of physical activity level, can improve your overall health.