

Physical Activity Prevents Chronic Disease

Regular physical activity helps improve your overall health, fitness, and quality of life. It also helps reduce your risk of these chronic conditions and manage them better:



HEART DISEASE



TYPE 2 DIABETES



MANY TYPES OF CANCER



DEMENTIA



DEPRESSION & ANXIETY

Everyone can benefit from physical activity—your age, ethnicity, shape, and size do not matter.



What Is Physical Activity?



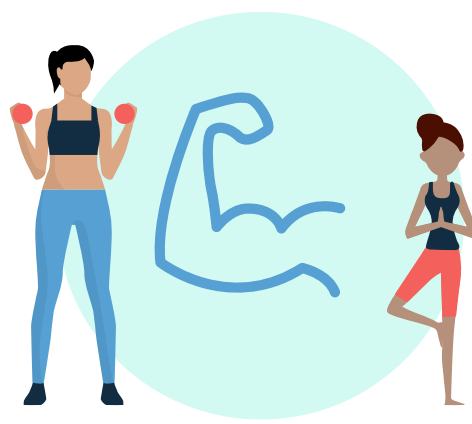
CARDIO OR AEROBIC ACTIVITY

Moderate or vigorous intensity for at least 10 minutes at a time

Gets you breathing harder and your heart beating faster

Examples:

brisk walking, biking, dancing, yard work



MUSCLE STRENGTHENING

Works best when you work all your body's major muscle groups

Includes legs, hips, back, chest, abs, shoulders, arms

Examples:

free weights, crunches, elastic bands, squats

How Much Physical Activity Do You Need?



150 minutes

ADULTS

At least 150 minutes of moderate-intensity aerobic activity every week, plus muscle-strengthening activities at least 2 days a week

KIDS

60 minutes (1 hour) or more of physical activity each day

1 hour



Tip for Adults

Try walking 30 minutes a day, 5 days a week.



Fitting regular physical activity into your schedule may seem hard at first, but you can reach your goals through different types and amounts of physical activity each week.

Tips to Get and Stay Active



Talk to your doctor if you have a chronic condition like type 2 diabetes or heart disease.



Get the support of your friends and family—and invite them to get active with you!



Start slowly and add time, frequency, or intensity every week.



Schedule physical activity for times in the day or week when you're most energetic.



Plan ahead. Make physical activity part of your daily or weekly schedule.



Walk instead of drive to nearby destinations or park the car farther away and fit in a walk to your destination.



Support improvements in your neighborhood that make it easier to walk or bike to where you want to go.

Learn more about physical activity at www.cdc.gov/physicalactivity.