

Be ACTIVE Your Way!



The 2008 Physical Activity Guidelines for Americans

Why are they important?

- You can protect your health with physical activity.
- Research shows that 150 minutes (just 2 ½ hours) a week of moderate-intensity physical activity can lead to important health benefits.
- You may also look and feel better too!!!!

What do the guidelines say?

- You should avoid being inactive.
- Some activity is better than no activity.
- Aim for **at least** 150 minutes a week of moderate-intensity physical activity.
- Do strength activities **at least** 2 days a week.



What do moderate intensity and vigorous intensity mean?

- Your body is working at a **moderate** level when you can talk but not sing. Your body is working at a **vigorous** level when you can't say more than a few words without pausing for a breath.



What should I do?

- Write down how many minutes/week you are physically active to see if you are meeting the guidelines.
- If you are doing 150 minutes/week, good for you. Do more for even greater health benefits.
- If not, plan to build up gradually to 150 minutes/week.



How do I do it?

- It is up to you, being active ***your*** way means....
 - Choose activities that work for you.
 - Be active for at least 10 minutes at a time.
 - Spread out activity over the week.
 - Aim to be active at least 3 days each week.



How do I build up my physical activity?

- Start slowly and do a little each time.
- Once you feel comfortable, do it more often.
- Add in vigorous activity if/when you can.
- It's ok to do both moderate and vigorous activity each week.

What about muscle strengthening activities?

- Do these at least 2 days each week.
- Work all major muscle groups: legs, hips, back, chest, abdominals, shoulders, and arms.

