

Be Active Your Way!

The 2008 Physical Activity Guidelines for Americans

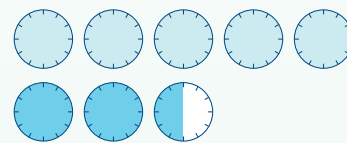
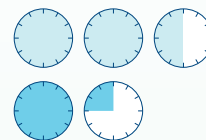
Why are they important?

- 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.
- For general health, all adults should aim for **at least** 150 minutes a week of moderate-intensity physical activity, **OR** 75 minutes of vigorous activity.
- **To manage weight**, work up to 300 minutes (5 hours) of moderate activity, **OR** 150 minutes of vigorous activity per week.
- 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 or if managing your weight.
- 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 ...

- Choosing activities that work for you.
- Being active for at least 10 minutes at a time.
- Spreading out activity over the week.
- Aiming to be active at least 5 days, if not all days of the week.



How do I build up my physical activity?

- Set some goals. Start slowly and do a little each time.
- Once you feel comfortable, do more.
- Add in vigorous activities.
- 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.

