

# PHYSICAL INACTIVITY

Inactive people are nearly twice as likely to develop heart disease as those who are active. The good news is that physical activity can protect your heart and you don't have to run a marathon to see benefits. Regular physical activity can also reduce your chances of developing high cholesterol and high blood pressure.



**AIM FOR AT LEAST 2 HOURS  
AND 30 MINUTES**  
OF MODERATE-INTENSITY  
AEROBIC ACTIVITY EACH WEEK

THREE THINGS TO DO (10 MINUTES EACH) =  
30 MINUTES OF PHYSICAL ACTIVITY

WHEN DOING AEROBIC ACTIVITY, DO IT FOR AT LEAST 10 MINUTES AT A TIME.



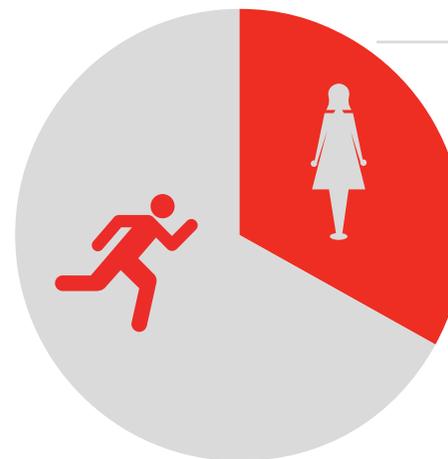
TAKE A WALK  
AROUND  
THE BLOCK



DANCE TO  
THREE OF YOUR  
FAVORITE



GO FOR A  
BIKE RIDE



**33% OF WOMEN**  
AGES 45 – 64 YEARS ARE  
PHYSICALLY INACTIVE

## Sources

- National Heart, Lung, and Blood Institute. (2006). *Your guide to physical activity and your heart. Tips for getting active.*
- Department of Health and Human Services. (2008). *2008 Physical activity guidelines for Americans.*
- National Center for Health Statistics. (2010). *National Health Interview Survey.*

HeartTruth.gov

