



## Take Heart: Say Yes to Physical Activity

Regular physical activity can help your heart and lungs work better, lower your blood pressure, and help you control your weight and cholesterol. It can help you manage stress, sleep better, have more energy, and feel better about yourself. It can also reduce your risk for diabetes, heart disease, and some types of cancer.



### Make Staying Active a Lifelong Habit.

Ms. Diane has learned that the more physical activity she does, the easier it gets.

**I don't wait until the end of the day to be active. I'm active throughout the day. I take the stairs instead of the elevators and take walking breaks during the day. Between this and walking with a friend in the evenings, I now walk 60 minutes a day.**





# Take Heart: Say Yes to Physical Activity (continued)

## Keep moving. Start slowly and work your way up!

Short on time? Be active for just 10 minutes at a time a few times a day. You can do activities at the intensity that’s right for you: light, moderate, or vigorous intensity. Your goal: at least 150 minutes of moderate-intensity activity each week.

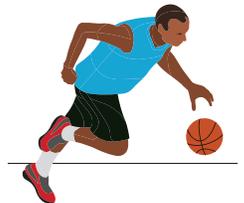
### Activities that you can do at low or moderate intensity:

- Walking
- Gardening (mowing, raking)
- Dancing
- Home repairs
- Washing a car
- Washing windows or floors
- Weightlifting



### Activities that require more effort:

- Playing soccer or basketball
- Running or jogging
- Biking fast or uphill
- Swimming laps
- Jumping rope
- Skating at a fast pace



## Set yourself up for success:

- Set an alarm that encourages you to take a walking break during the work day.
- Leave a pair of walking shoes in your car.

### Morning

Park your car farther away from the entrance than you normally do or get off the bus one stop early and walk the rest of the way to work.

### Noon

During lunch, take a walk with a coworker or go up and down a flight of stairs a few times.

### Evening

After dinner, take a walk with your family or a friend.

**Three ways I will be more active this week:** \_\_\_\_\_

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**Your health and your family’s health are priceless. Make an investment in both!**