

Take Steps to Be More Active

The Surgeon General recommended that adults be moderately physically active for a minimum of 30 minutes per day, at least five days per week.

People who are usually inactive can improve their health and well-being by becoming even moderately active on a regular basis. You can begin by moving 30 minutes once a day, or 15 minutes twice a day or 10 minutes three times a day.

What is moderate physical activity?

It means you're working hard enough to raise your heart rate and break a sweat. One way to tell is that you'll be able to talk, but not sing. Examples of activities that require moderate effort include:

- Walking briskly (a 15-minute mile).
- Pushing a lawn mower.
- Actively playing with children.

Lifestyle physical activity can be as effective as structured exercise programs in improving health.

Every activity counts.

Regular physical activity is one of the most important things you can do for your health. There are many benefits of physical activity such as:

Lowers blood pressure	Lowers bad cholesterol (LDL)
Raises good cholesterol (HDL)	Lowers blood glucose (sugars)
Reduces stress	Reduces symptoms of anxiety
Promotes positive moods	Strengthens bones and muscles

Greater health benefits can be achieved by increasing the amount (duration, frequency or intensity) of physical activity.

How to be more active? **Walking**

Walking is the most preferred method of physical activity. It is inexpensive, relatively easy to do and convenient. Walking doesn't require special equipment or facilities and can be done by most people.



How to track walking and lifestyle physical activity? Use a pedometer. Pedometers measure steps taken walking up stairs, parking further away from the door and taking mini-walks during the day.

Why use a pedometer? Pedometers provide immediate feedback on physical activity. They give meaning to walking and promote intentional walking.

How active are you? Active people take about 10,000 steps each day. Inactive people take about 2,000 to 4,000 steps each day. Moderately active people take about 5,000 to 7,000 steps each day.