

ChooseMyPlate – Physical Activity (Key)

What is Physical Activity?

Physical activity simply means movement of the body that uses energy. Walking, gardening, briskly pushing a baby stroller, climbing the stairs, playing soccer, or dancing the night away are all good examples of being active. For health benefits, physical activity should be moderate or vigorous intensity.

List a few of your favorite physical activities.

Moderate physical activities	Vigorous physical activities
1. Answers will vary.	1.
2.	2.
3.	3.
4.	4.

Why is Physical Activity Important?

Regular physical activity can produce long term health benefits. People of all ages, shapes, sizes and abilities can benefit from being physically active. The more physical activity you do, the greater the health benefits.

Being physically active can help you:	When you are <i>not</i> physically active, you are more likely to:
<ul style="list-style-type: none"> Increase your chances of living longer 	<ul style="list-style-type: none"> Get heart disease
<ul style="list-style-type: none"> Feel better about yourself 	<ul style="list-style-type: none"> Get type 2 diabetes
<ul style="list-style-type: none"> Decrease your chances of becoming depressed 	<ul style="list-style-type: none"> Have high blood pressure
<ul style="list-style-type: none"> Sleep well at night 	<ul style="list-style-type: none"> Have high blood cholesterol
<ul style="list-style-type: none"> Move around more easily 	<ul style="list-style-type: none"> Have a stroke
<ul style="list-style-type: none"> Have stronger muscles and bones 	
<ul style="list-style-type: none"> Stay at or get to a healthy weight 	
<ul style="list-style-type: none"> Be with friends or meet new people 	
<ul style="list-style-type: none"> Enjoy yourself and have fun 	

How Much is Needed?

Physical activity is important for everyone, but how much you need depends on your age.

ADULTS (18 to 64 years)	CHILDREN AND ADOLESCENTS (6-17 years)	YOUNG CHILDREN (2-5 years)
2 hours and 30 minutes each week of aerobic physical activity at a moderate level OR 1 hour and 15 minutes each week of aerobic physical activity at a vigorous level.	60 minutes or more of physical activity each day.	There is not a specific recommendation for the number of minutes young children should be active each day. Children ages 2-5 years should play actively several times each day.

Tips for Increasing Physical Activity

Make physical activity a regular part of the day

More ways to increase physical activity: (list activities you would like to do)

At work	At home	At play
Answers will vary.		