

Physical Activity Prevents Chronic Disease

Regular physical activity helps improve your overall health, fitness, and quality of life. It also helps reduce your risk of chronic conditions like type 2 diabetes, heart disease, many types of cancer, depression and anxiety, and dementia.



What Is Physical Activity?



CARDIO OR AEROBIC ACTIVITY

Moderate or vigorous intensity, every minute counts

Gets you breathing harder and your heart beating faster

Examples:

brisk walking, biking, dancing, yard work



MUSCLE STRENGTHENING

Works best when you work all your body's major muscle groups

Includes legs, hips, back, chest, abs, shoulders, arms

Examples:

free weights, crunches, elastic bands, squats

Everyone can benefit from physical activity—no matter your age, sex, race or ethnicity, health condition, shape, or size.

How Much Physical Activity Do You Need?



150

minutes each week

ADULTS

At least 150 minutes of moderate-intensity aerobic activity every week, plus muscle-strengthening activities at least 2 days a week

KIDS

(6-17 years)

60 minutes (1 hour) or more of physical activity each day

PRESCHOOL-AGED CHILDREN

(3-5 years)

should be physically active throughout the day with plenty of opportunities for active play.



Tip for Adults

Try walking 30 minutes a day, 5 days a week.



Fitting regular physical activity into your schedule may seem hard at first, but you can reach your goals through different types and amounts of physical activity each week.

Tips to Get and Stay Active



Talk to your doctor if you have a chronic condition like diabetes or heart disease.



Get the support of your friends and family—and invite them to get active with you!



Start slowly and add time, frequency, or intensity every week.



Schedule physical activity for times in the day or week when you're most energetic.



Plan ahead. Make physical activity part of your daily or weekly schedule.



Walk instead of drive to nearby destinations, or park the car farther away and fit in a walk to your destination.



Support improvements in your neighborhood that make it easier to walk or bike to where you want to go.

Learn more about physical activity at www.cdc.gov/physicalactivity.