

# Be Active: Recources for Keeping Active

Physical activity is a key factor in leading a healthy lifestyle and reducing chronic illnesses. People of all ages who are inactive can improve their health and well-being by becoming active at a moderate-intensity level on a regular basis.

## Taking the First Step

### From the Centers for Disease Control and Prevention (CDC)

- [Energize your life](#)
- [Nutrition and physical activity campaigns and programs](#)
- [Physical activity recommendations](#)
- [New Physical Activity for Everyone - videos on physical activity](#)
- [What are some examples of activities and their intensity levels?](#)



### From the President's Council on Physical Fitness and Sports

- [President's challenge physical activity & fitness awards program](#)

### From Medline Plus

- [Exercise and physical fitness](#)  
Also available in [Spanish](#)
- [Exercise for seniors](#)  
Also available in [Spanish](#)
- [Exercise for children](#)  
Also available in [Spanish](#)

### From Healthfinder®—Office of Disease Prevention and Health Promotion, U.S. Department of Health and Human Services

- [Physical activity](#)  
Also available in [Spanish](#)

## Tips and Tools

### From the CDC

- [Physical activity tips](#)
- [Strength training for older adults from the Centers for Disease Control](#)

### From Department of Agriculture

- [MyPyramid Tracker, online dietary and physical activity tool](#)

### From the National Institute on Aging

- [Exercise and Physical Activity for older adults](#)

## Just for Kids

### From the CDC

- [BAM! Body and Mind](#)
- [How much physical activity do children need?](#)

### From the National Diabetes Education Program

[Be Active, Tips for Kids with Type 2 Diabetes](#)  [PDF-1.2 MB]

### From the National Institute of Diabetes and Digestive and Kidney Diseases

- [Take Charge of Your Health, a Teenager's Guide to Better Health](#)

### From the Office on Women's Health in the Department of Health and Human Services

- [Fit for Life \(for girls aged 10-16 years\)](#)



