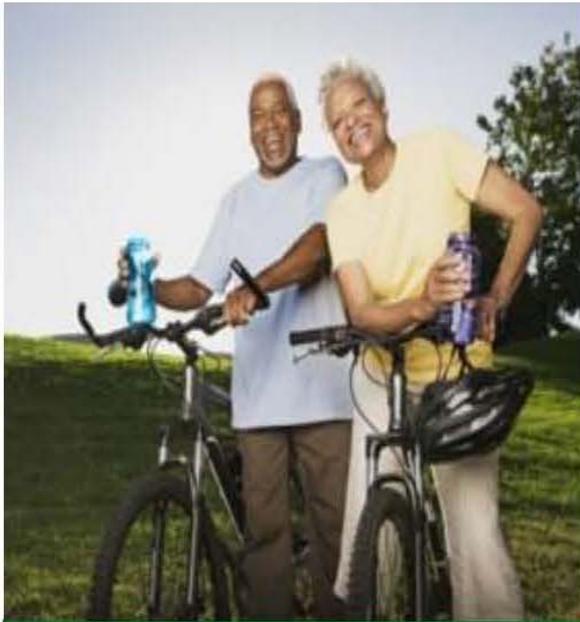


MOVE AROUND MORE





FACT:

Benefits of exercise include decreased heart rate and increased blood flow which can improve blood pressure control, increase good cholesterol, and lower blood sugars.

For more information:
<http://www.bhlcenter.fsu.edu>

Move Around More

Physical activity has many benefits to your health.
Try to get at least 30 minutes of exercise
on most days of the week.

DID YOU KNOW? Not being physically active is a risk factor for cardiovascular disease.

Ways to Be Physically Active

Consult a physician before beginning any exercises

- ✓ **Doing household chores such as gardening and cleaning**
- ✓ **Joining a walking program**
- ✓ **Using your chair and other household items to exercise**
- ✓ **Taking the stairs instead of the elevator**

'EXERCISE WILL GIVE ME A HEART
ATTACK!'



Generally healthy individuals

+

Moderate-intense activity

Low risk of adverse events

Stay safe, take it slow!

'HOW CAN I TELL IF I AM DOING MODERATE-INTENSITY ACTIVITY?'

The 'Talk Test'

- Low: you can talk and sing
- Moderate: you can talk but not sing
- Vigorous





PHYSICAL ACTIVITY WORKS: STRONG EVIDENCE

- Reduces risk for:
 - Early death
 - Chronic diseases, such as diabetes , high blood pressure, heart diseases, cancers
- Prevents:
 - Weight gain
 - Falls
- Benefits:
 - Weight loss
 - Mental health
 - Heart and muscle fitness

MOVE MORE, MOVE SMART

- Choose appropriate activities
- Start slow and go slow
- Individuals with chronic conditions, consult a health care provider



“I keep active so I can do the things that I love.”

—Rise, age 64

FOR MORE INFO

Physical Activity Guidelines for Americans

www.health.gov/paguidelines/

Office of Disease Prevention and Health Promotion
US Department of Health and Human Services

