

Exercise *for* Your Health



According to the Centers for Disease Control and Prevention (CDC), only half of American adults get the physical activity they need to help reduce and prevent chronic diseases. The Physical Activity Guidelines for Americans recommend adults get at least 2.5 hours a week (30 minutes for five days) of moderate-intensity aerobic activity, such as walking, along with muscle-strengthening activities (sit-ups, push-ups, pull-ups, or using weights or resistance bands) on two or three days per week. Are you meeting the goal? If not, learn how to get started and why exercise is so good for you.

Getting Started

Individuals with chronic diseases, such as a heart condition, arthritis, diabetes, or high blood pressure should talk with their doctor about what types of exercise are safe and appropriate.

Next Steps

Start out slowly by doing a few minutes of a moderate intensity activity each day, gradually working up to 30 minutes or more. Moderate intensity exercise means working hard enough to raise your heart rate and break a sweat, while still being able to carry on a conversation. Try adding extra movement to your day by taking the stairs instead of the elevator, going for a walk during breaks at work or doing housework at a fast pace.

Benefits of Exercise

Regular exercise is extremely important and beneficial for long-term health and well-being.

The CDC lists the following as some of the health benefits regular exercise provides:

- reduces the risk of heart disease, stroke, high blood pressure, and diabetes
- lowers total blood cholesterol and triglycerides and increases good cholesterol
- helps achieve and maintain a healthy weight
- improves mental health and mood
- helps build and maintain healthy bones, muscles and joints
- improves quality of sleep
- increases chance of living longer

Nobody is too old to enjoy the benefits of regular exercise. No matter how you choose to get moving, the best exercise is the one you enjoy and will continue to do.



Gradually work up to 30 minutes or more of a moderate intensity activity each day.

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