

# Exercise

Physical activity—or exercise—is one of the best things you can do for your mind and body. Active people generally are at less risk for serious health problems like heart disease, Type 2 diabetes, obesity and some cancers.



Adults should get **150** minutes of moderate-intensity physical activity per week.



Less than **5%** of adults participate in 30 minutes of physical activity each day.



Only **1 in 3** adults receive the recommended amount of physical activity each week.

## What counts as moderate physical activity?



Walking



Bicycling



Gardening



Dancing



Golfing



Kayaking

## What are the benefits of exercising?



Improve physical condition



Reduce health risks



Lower stress and anxiety



Help control weight



Stabilize mood



Improve sleep

## How can you get started?

**Start slowly**—Gradually increase your workout length or intensity as your stamina improves.

**Break it up**—Strive for multiple short exercise sessions if a longer workout doesn't fit in your schedule.

**Get creative**—Focus on physical activities that you already enjoy, such as walking or dancing.

**Listen to your body**—Take a break if you start to feel pain, shortness of breath, dizziness or nausea.

**Be flexible**—Give yourself permission to take a day or two off to recover.