

BE PHYSICALLY ACTIVE EVERYDAY



Power Up, Get Down, Move Yourself Around!

Choose a lifestyle that combines healthy eating with regular physical activity.

By balancing the calories you eat with physical activity, you can maintain a healthy weight which is key to a healthy life.

Examples of physical activities



- Children should get 60 minutes of physical activity daily.
- Adults should get a minimum of 30 minutes of physical activity daily.

30 minutes of physical activity can be broken into 3 segments of 10 minutes each:

- **Morning:** go for a light jog
- **Afternoon:** walk for 10 minutes on your lunch break
- **Evening:** do a dance or exercise routine at home

Benefits of Physical Activities

- Improves self esteem
- Reduces feeling of anxiety and depression
- Helps build and maintain bones
- Makes your muscles stronger
- Helps your joints move better and be more flexible
- Helps blood flow to the skin. This helps your skin look better
- Increases fitness level
- Helps control blood pressure and lowers risk of heart disease, colon cancer and type 2 diabetes
- Maintain or improve your weight

Simple ways to add physical activity to your daily routine:

- Play outside with your children
- Clean the house
- Walk the dog
- Get off a few bus stops before your stop and walk
- Use the stairs instead of the elevator
- Start a walking club
- Use 2 food cans for light weightlifting
- Plant a garden

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Greater health benefits can be achieved by increasing the amount (duration, frequency, or intensity) of physical activity.

Calories burned per half hour are listed below.

Type of Exercise	Calories/30mins
Sleeping	28
Eating	43
Sewing	43
Knitting	43
Sitting	43
Standing	50
Driving	55
Office Work	70
Housework, moderate	80
Golf, with trolley	90
Golf, without trolley	120
Gardening, planting	125
Dancing, ballroom	130
Walking, 3mph	140
Table Tennis	145
Gardening, hoeing etc.	176
Tennis	176
Water Aerobics	200
Skating/Rollerblading	210
Dancing, aerobic	210
Aerobics	225
Bicycling, moderate	225
Jogging, 5mph	250
Gardening, digging	250
Swimming, active	250
Step Aerobics	275
Power Walking	300
Skipping with rope	350
Running	350

