



## NUMBERS TO KNOW FOR HEALTH & HAPPINESS

# 5 Reasons to Be Active



1. **Physical health:** Regular physical activity lowers your risk of many chronic diseases.
2. **Mental health:** Doing aerobic or a mix of aerobic and muscle-strengthening activities 3 to 5 times a week for 30 to 60 minutes can:
  - Lower your risk of depression and help treat it
  - Help keep your thinking, learning, and judgment skills sharp as you age

3. **Social health:** Exercise with others to be social and build healthy relationships.
4. **Spiritual health:** Yoga and tai chi help promote a sense of inner peace and connection to your environment.
5. **Fiscal health:** Build a stronger immune system to avoid the medical costs of getting sick and having to take time off from work.

### Take Action: Be Active Weekly Guidelines

1. Do at least 2 hours and 30 minutes of moderate aerobic activity, such as brisk walking **OR**
2. 1 hour and 15 minutes of vigorous activity, such as jogging **AND**
3. Muscle strengthening exercises using all major muscle groups on 2 or more days.