



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.