

**Why is physical activity important?**

* Regular physical activity can protect your joints, prevent falls and injuries, and reduce your risk of disease, such as type 2 diabetes, high blood pressure, heart attacks, and some cancers.
* Improving your fitness can be as important, or more, than losing weight.
* It is also important to avoid inactivity (i.e., the amount of time you spend sitting) as much as possible.

**What about aerobic activity?**

* The *2008 Physical Activity Guidelines for Americans* recommend either 150 minutes per week of moderate activity, 75 minutes of vigorous activity, or a combination of both for adults.
* Moderate activity is at a pace where you can carry on a conversation but cannot sing.
  + Examples: brisk walking, slow biking, water aerobics
* Vigorous activity is at a pace where you cannot carry on a conversation and may be out of breath.
  + Examples: jogging/running, swimming laps, playing tennis, fast bicycling
* If you are unable to perform your activity all at one time, you can split your activity into shorter segments that are at least 10 minutes long.
  + Example: Do three bouts of activity for 10 minutes each for a total of 30 minutes of activity.

**What about strength training?**

* The *2008 Physical Activity Guidelines for Americans* recommend that adults do muscle strengthening exercises two times per week to increase bone strength and muscular fitness.

**Getting Started**

* Doing both aerobic activity and strength training is best for your overall health and fitness.
* If you are not doing 150 minutes per week of aerobic activity, gradually work toward this goal and remember that some activity is better than none.
* Design your physical activity program to fit your schedule.
* Consider working with a fitness professional to help you safely achieve your goals.
* Most of all, have **FUN** and enjoy being physically active!