



TIPS FOR BEING PHYSICALLY ACTIVE

Being physically active is one of the best things you can do for your health.*

The American Cancer Society recommends:



ADULTS



150 - 300 MINUTES /
week *Moderate activity*
Brisk walk • Tennis doubles
• Gardening

75 - 150 MINUTES /
week *Vigorous activity*
Running • Fast bicycling
• Aerobic dancing

or **combination of the two.**
Getting to or exceeding the upper limit is ideal.

CHILDREN & TEENS



AT LEAST
1 HOUR of moderate
or vigorous activity
every day.

EVERYONE



LIMIT TIME
• Sitting down
• Watching TV
• Other screen-time



Here are some tips to help you stay motivated:

- ✓ **It's OK to start small.** If meeting activity recommendations feels overwhelming, start by doing just a few minutes of activity more than usual each day. Even small increases in activity can be good for your health, and before you know it, you'll work your way up to the recommendations and beyond!
- ✓ **Set a goal, and make a plan to reach it.** Setting a realistic goal, like finishing a 5K (running, walking, or rolling), can keep you motivated. Map out what you will do to reach that goal, such as increasing your distance by a small amount each day, and follow through on your plan.
- ✓ **Have fun with it!** Pick activities you like to do or are interested in learning. Dreading exercise is a recipe for failure, but if you're having fun, it will be easier to stick to.
- ✓ **Find your crew.** Teaming up with a friend or group of friends who also want to be active can help keep you motivated.
- ✓ **Reward yourself.** Set achievable goals, and treat yourself with a reward (like a massage or pedicure) when you reach them.