Physical Activity

Most people know you need to be physically active to stay healthy. But did you know it can help you feel better right away? According to the Centers for Disease Control and Prevention, being physically active can boost your mood, sharpen your focus, reduce stress, and improve your sleep.

Not sure of how much you need? The CDC states at least 150 minutes of moderate intensity aerobic activity for adults (75 minutes of vigorous intensity) and at least two days a week of strength training is recommended.

Break the time up however you like; five moderate intensity sessions of 30 minutes and two strength training sessions or three vigorous intensity and two strength training for one week are just two examples.

Use the "talk test" to determine if the exercise is moderate or vigorous. While exercising and talking, if the breathing is hard but you can still have a conversation easily, it's moderate. If, however, you can only say a few words before taking a breath, it's vigorous.

What activities count? Anything that gets you moving and even the things that don't feel like exercise. For example, yard work, walking the dog, playing with your kids, dancing and especially group physically fitness where you feel the burn. Don't forget to add dynamic and stretching to your physical fitness routine for flexibility and mobility.

Begin at a comfortable pace and stick with it! Over time physical activity can help you live a longer, healthier life. It can help lower your risk of diseases like type 2 diabetes and some cancers, control your blood pressure and stay at a healthy weight.

Engage in what you enjoy and will do to continue to improve your overall health.

Remember to check with your healthcare provider if you're just beginning and get moving!!

[Walk. Run. Dance. Play. What's your move? - Move Your Way | health.gov](#)