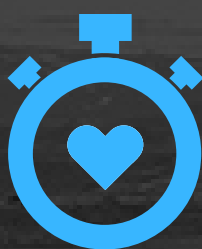


PHYSICAL ACTIVITY FOR ADULTS

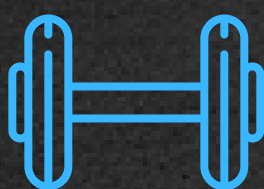
Good nutrition combined with physical activity are important parts of leading a healthy lifestyle. Physical activity can decrease your chances of becoming depressed, build stronger muscles and bones, help you sleep better, increase your mood, make you feel better about yourself, and decrease your risk of certain diseases.

EXERCISE REQUIREMENTS



Adults should get at least **2 hours and 30 minutes** of moderate aerobic activity or **1 hour and 15 minutes** of vigorous aerobic activity each week. You also can do a combination of moderate and vigorous activity. Moderate activities are activities such as walking, gardening, golfing, and canoeing. Vigorous activities include running/jogging, bicycling, heavy yard work, swimming, and tennis.

EXERCISE REGULARLY



Make sure you're exercising at least 3 days a week and for at least 10 minutes at a time. Add 2 days of strengthening activities like push-ups to help build strong muscles and bones. Balance training is also important as we age.

GETTING STARTED



Speak with your doctor before starting any new exercise program. Always start small- you can increase your intensity as you go along. Choose activities that are fun and safe for your body and environment! Recruit a workout buddy. This can be your partner, friend, or children.

Incorporating exercise into your daily routine is an excellent way to reach your weekly goal. Walk or bike instead of driving, get off the bus one stop early and walk to your destination, or pace the sidelines during your child's soccer practice.

Find more info at [choosemyplate.gov](https://www.choosemyplate.gov)

The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more contact 1-800-352-8401. This material was funded by USDA's Supplemental Nutrition Assistance Program -SNAP. This institution is an equal opportunity provider.