



## Getting to the Top with Physical Activity: Finding a healthy balance between food and physical activity

How much physical activity is needed?

According to the Dietary Guidelines,  
most people should be physically active:

- At least 30 minutes each day on most days of the week
  - 60-90 minutes may be needed for children and for those who want to lose weight or maintain weight loss
- At a moderate to vigorous intensity
- Above your average daily activities
- All during one session or in several sessions of 10 minutes or more



## **Be sure to check with a physician before starting any new physical activity.**

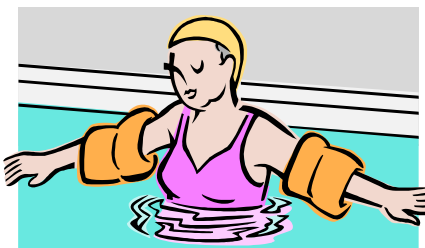
Why be Active?

1. Improves flexibility and posture.
2. Controls weight.
3. Improves fitness level.
4. Decreases blood pressure.
5. Lowers disease risk.
6. Increases self-esteem and feelings of well-being.
7. Improves health of bones, muscles, and joints.



### Types and Examples of Physical Activity:

1. Aerobic activity  
(Walking, swimming, biking)
2. Stretching  
(Yoga, Tai Chi)
3. Balance & Flexibility  
(Yoga, Pilates)
4. Resistance, strength & weight-bearing  
(Free weights, weight machines)



\*Doing all four types will offer the most benefits.

**Always start new physical activities at a gradual pace and work your way up!**

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