

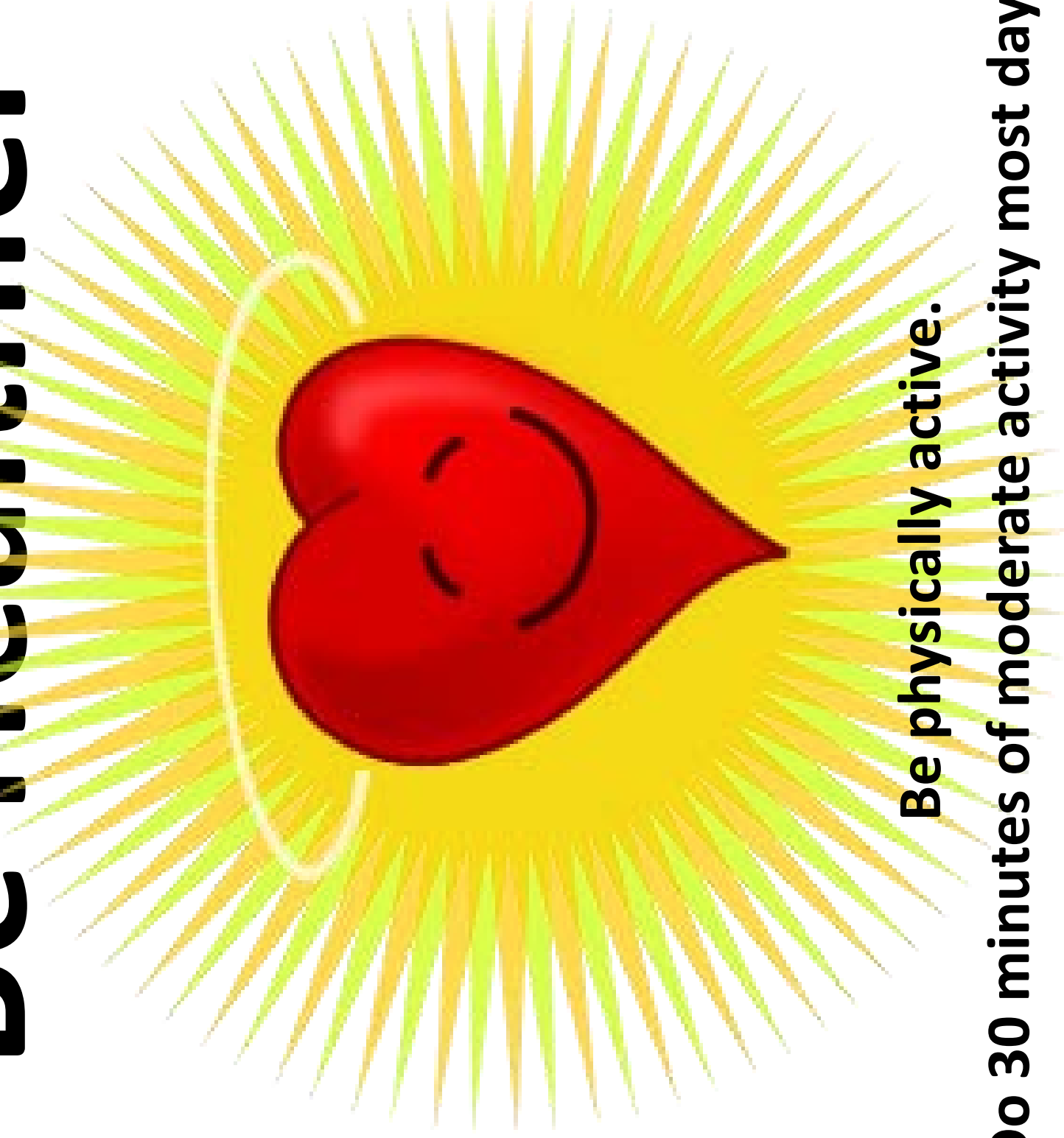
**Why should you
be physically
active?**

Activity 2 table sign Why should you be physically active?

**¿Por qué debe
estar físicamente
activo?**

Activity 2 table sign Why should you be physically active?

Be Healthier



Be physically active.

Do 30 minutes of moderate activity most days.

Laminate and mount with poster board backing so this image can stand upright

Resources:

[2008 Physical Activity Guidelines
for Americans](#)

U.S. Department of Health and Human Services

ODPHP Publication No. U0036 October 2008

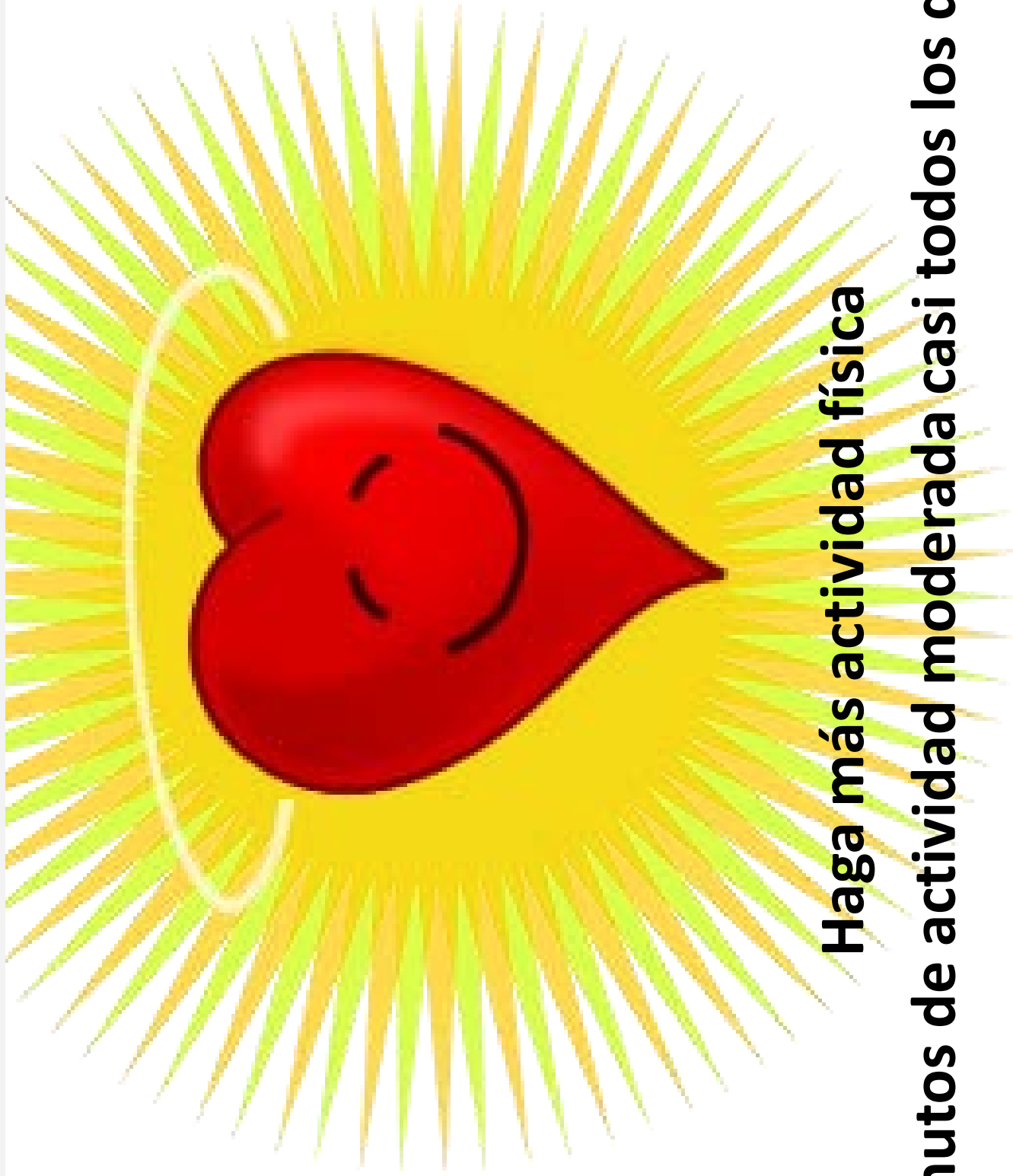
<http://www.health.gov/paguidelines>

Download booklet at:

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Sea más Saludable



Haga más actividad física

30 minutos de actividad moderada casi todos los días.

Laminate and mount with poster board backing so this image can stand upright

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What are the benefits?



What are the benefits?



What are the benefits?



What are the benefits?

What are the benefits?

- Have fun with friends and family
- Meet new people
- Live a happier life
- Reduce Depression

What are the benefits?

- Be healthier and happier!

What are the benefits?

- Feel more physically fit
- Have stronger muscles and bones
- Get around better

What are the benefits?

- Feel more physically fit
- Have stronger muscles and bones
- Get around better
- Prevent falls



¿Cuáles son los beneficios?



¿Cuáles son los beneficios?



¿Cuáles son los beneficios?



¿Cuáles son los beneficios?

¿Cuáles son los beneficios?

- Divertirse con amigos y familia
- Conocer nuevas personas
- Vivir una vida más feliz
- Minimizar la depresión

¿Cuáles son los beneficios?

- ¡Ser más saludable y feliz!

¿Cuáles son los beneficios?

- Sentirse mejor físicamente
- Tener músculos y huesos más fuertes
- Movilizarse mejor

¿Cuáles son los beneficios?

- Sentirse mejor físicamente
- Tener músculos y huesos más fuertes
- Movilizarse mejor
- Prevenir caídas



What are the benefits?



What are the benefits?



What are the benefits?



What are the benefits?

What are the benefits?

- Lower your risk of heart disease, stroke hypertension and Type 2 diabetes with 30 minutes of moderate exercise most days.
- Active more than 30 minutes most days?
Benefits increase. Lower risk of colon and breast cancer.

What are the benefits?

- Get to a healthier weight
- Maintain a healthy weight
- Look better
- Feel better about myself

What are the benefits?

- Reduce stress
- Sleep better
- Live longer
- Lower your risk of heart disease, stroke hypertension and Type 2 diabetes with 30 minutes of moderate exercise most days.

What are the benefits?

- Reduce stress
- Sleep better
- Live longer



¿Cuáles son los beneficios?



¿Cuáles son los beneficios?



¿Cuáles son los beneficios?



¿Cuáles son los beneficios?

¿Cuáles son los beneficios?

- Reduce el riesgo de tener enfermedad al corazón , derrame cerebral, alta presión y diabetes tipo 2 con 30 minutos de ejercicio moderado casi a diario.
- Está activa por más de 30 minutos casi todos los días?

Los beneficios aumentan. Baja el riesgo de tener cancer de mama y de colón.

¿Cuáles son los beneficios?

- Llegar a un peso saludable
- Mantener un peso saludable
- Verse mejor
- Sentirse mejor con uno mismo

¿Cuáles son los beneficios?

- Reducir el estrés
- Dormir mejor
- Vivir más tiempo
- Reduce el riesgo de tener enfermedad al corazón , derrame cerebral, alta presión y diabetes tipo 2 con 30 minutos de ejercicio moderado casi a diario.

¿Cuáles son los beneficios?

- Reduce el estrés
- Dormir mejor
- Vivir más tiempo

What are the benefits?



¿Cuáles son los beneficios?

What are the benefits?

- Be healthier and happier
- Have stronger muscles and bones
- Feel more physically fit
- Get around better
- Prevent falls

- Get to a healthier weight
- Maintain a healthy weight
- Look better and feel better about myself

- Reduce stress
- Sleep better
- Live longer

- Have fun with friends and family
- Meet new people
- Live a happier life
- Reduce depression

- Lower your risk of heart disease, stroke hypertension and Type 2 diabetes with 30 minutes of moderate exercise most days.

¿Cuáles son los beneficios?



What are the Benefits?

¿Cuáles son los beneficios?

- Ser más saludable y feliz
- Tener músculos y huesos más fuertes
- Sentirse más en forma físicamente
- Movilizarse mejor
- Prevenir caídas
- Llegar a un peso saludable
- Mantener un peso saludable
- Verse mejor y sentirse mejor consigo mismo
- Reducir el estrés
- Dormir mejor
- Vivir más tiempo
- Divertirse con amigos y familia
- Conocer nuevas personas
- Vivir una vida feliz
- Reducir la depresión
- Reduce el riesgo de enfermedad al corazón , derrame cerebral, alta presión y diabetes tipo 2 con 30 minutos de ejercicio moderado casi a diario.

How much physical activity do I need to do?

This chart tells you about the activities that are important for you to do. Do **both** aerobic activities and strengthening activities. Each offers important health benefits. And remember, some physical activity is better than none!

Aerobic Activities

If you choose activities at a **moderate** level, do at least **2 hours and 30 minutes** a week.

If you choose **vigorous** activities, do at least **1 hour and 15 minutes** a week.

- Slowly build up the amount of time you do physical activities. The more time you spend, the more health benefits you gain. Aim for twice the amount of activity in the box above.
- Do at least 10 minutes at a time.
- You can combine moderate and vigorous activities.

Muscle Strengthening Activities

Do these at least **2 days** a week.

- Include all the major muscle groups such as legs, hips, back, chest, stomach, shoulders, and arms.
- Exercises for each muscle group should be repeated 8 to 12 times per session.

How can I tell an activity at a moderate level from a vigorous one?

Vigorous activities take more effort than moderate ones. Here are just a few moderate and vigorous aerobic physical activities. Do these for **10 minutes or more** at a time.

<h3>Moderate Activities</h3> <p>(I can talk while I do them, but I can't sing.)</p>	<h3>Vigorous Activities</h3> <p>(I can only say a few words without stopping to catch my breath.)</p>
<ul style="list-style-type: none">• Ballroom and line dancing• Biking on level ground or with few hills• Canoeing• General gardening (raking, trimming shrubs)• Sports where you catch and throw (baseball, softball, volleyball)• Tennis (doubles)• Using your manual wheelchair• Using hand cyclers—also called ergometers• Walking briskly• Water aerobics	<ul style="list-style-type: none">• Aerobic dance• Biking faster than 10 miles per hour• Fast dancing• Heavy gardening (digging, hoeing)• Hiking uphill• Jumping rope• Martial arts (such as karate)• Race walking, jogging, or running• Sports with a lot of running (basketball, hockey, soccer)• Swimming fast or swimming laps• Tennis (singles)