Physical Activity

for Your Health, Your Neighborhood, and Your Life

Do you want good health for you and your family?

Do you want more energy to get you through the day?

And, do you want to reduce your risk of serious problems like obesity, type 2 diabetes, heart disease, stroke, and certain types of cancer?

If you answered “yes” to any of these questions, there are two easy things you can do. Get at least 30 minutes of physical activity and eat plenty of fruits and vegetables every day.

Why is it good to be physically active?

- Makes you look and feel great
- Gives you more energy
- Lowers stress and helps you relax
- Helps you get to and keep a healthy body weight
- Lowers your risk of type 2 diabetes, high blood pressure, heart disease, stroke, and certain types of cancer
- Helps build and keep healthy bones, muscles, and joints

How often should I be physically active?

- To take care of your health and reduce the risk of chronic diseases, you need at least 30 minutes of moderate-intensity physical activity every day.
- To keep your weight under control, you need 60 minutes of moderate- to vigorous-intensity physical activity on most days of the week.
- If you lost weight and want to keep it off, you need 60 to 90 minutes of moderate-intensity physical activity every day.

What is moderate-intensity physical activity?

It gets you up and moving and makes your heart beat faster. Brisk walking, biking, taking the stairs, dancing, and raking leaves are examples of moderate-intensity physical activity.

What is vigorous-intensity physical activity?

It makes you breathe hard and sweat. Running, jogging, playing soccer, fast dancing, and fast biking are examples of vigorous-intensity physical activity.

How can I be more physically active every day when my life is so busy?

Divide your daily routine into a few 10- to 15-minute physical activity breaks. Slowly increase the time as you become more active. There are many fun ways to get physical activity throughout your day. Here are a few ways to get started:

AT WORK

- Walk with a co-worker during breaks or lunchtime.
- Use the stairs instead of the elevator.
- Ride your bike or walk to work.
- Park your car farther away from the entrance.
- Get on and off the bus a couple of blocks away from your work.

AT HOME AND IN YOUR NEIGHBORHOOD

- Walk, bike, or jog with a friend or family member.
- Play with your kids – tag, jump rope, and hide and seek.
- Dance to your favorite music.
- Plant and take care of a fruit and vegetable garden.
- Play Frisbee™, toss a softball, or kick around a soccer ball.
- Exercise while watching TV.

It is hard to be physically active in my neighborhood. What should I do?

The first thing you can do is look around your neighborhood and find out what is keeping you from being more physically active. To help with this, answer these questions:

Is your neighborhood safe – well lit, low crime, and free of mean dogs?	❍ Yes	❍ No
Are your sidewalks and walking paths in good shape?	❍ Yes	❍ No
Do you have well-marked crosswalks?	❍ Yes	❍ No
Do you have bike lanes?	❍ Yes	❍ No
Is there good traffic control in your neighborhood with street signs, stop lights, and speed bumps?	❍ Yes	❍ No
Do you have clean and safe parks, playgrounds, and sports fields in your neighborhood?	❍ Yes	❍ No
Can you use the gym, playground, and sports fields at your local school after-hours?	❍ Yes	❍ No
Write in other problems that you see in your neighborhood:		

Did you answer “no” to any of these questions? Or, did you come up with other problems? If you did, your neighborhood is ready for some good changes.

Here is what you can do to help your neighborhood support more physical activity:

- **Know** that every neighborhood deserves to be clean with safe places to enjoy fun physical activities.
- **Believe** that you, your family, and your neighbors can help make changes that support more physical activity.
- **Talk** to family, friends, and neighbors. Find the things in your neighborhood that make it hard to be physically active.
- **Meet** with neighborhood leaders and city officials to talk about these problems. Give your suggestions, and make a plan of action. Stay at it until steps are taken to make it easier to get fun, safe physical activity in your neighborhood.
- **Learn** more about how to voice your concerns, make a plan of action, and create changes in your neighborhood to make physical activity easier to do. Go to www.CaChampionsForChange.net for more information.

For more consumer information, visit us at

www.CaChampionsForChange.net

or call

1-888-328-3483

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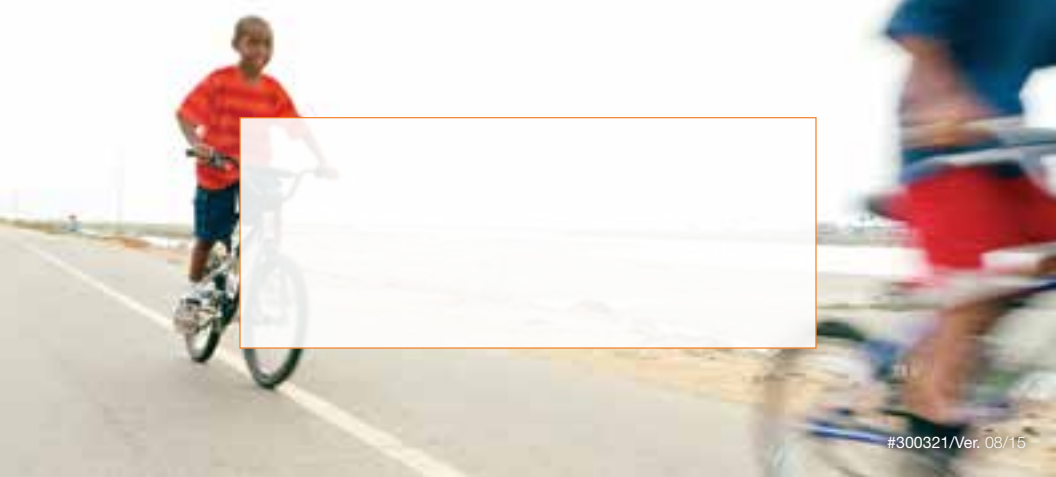

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