

Let's Move for Health

Physical activity, or moving your body, is one of the **most powerful** things you can do for your health.

Did you know? Regular physical activity can...

- Reduce stress and improve your mood
- Lower your blood pressure
- Improve your sleep
- Reduce your risk of diabetes, heart disease, stroke, and some cancers
- Help you maintain your weight, or even lose weight with changes in your eating
- Strengthen your bones and muscles
- Help you live a longer and healthier life!



Moving is for every body – from children through older adults of any fitness level. There are lots of ways to move, like walking, swimming, dancing, biking, or gardening. You might have to try a few different things to find one you like. Sometimes it helps to have a consistent routine, but variety can be fun too!

How much?

Adults should get at least 30 minutes of physical activity on most days. Kids should get 60 minutes every day. If you have kids, find ways to be active together! It doesn't have to be all at once – try breaking it down into 10-minute chunks.

2 types of physical activity

Make sure to include both types of physical activity:

1. Aerobic – gets you breathing harder and your heart beating faster. You should feel like you're working moderately hard...about a 5 or 6 on a 10-point scale.
2. Strengthening – makes your muscles work harder. Think weights, resistance bands, yoga, or push-ups and crunches. You should do strengthening activities on 2 days each week.



West Windsor Health Department ■ (609) 936-8400

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