

Be healthy. Be active.

at least  
**30**  
**10**  
**5**

minutes a day  
minutes at a time  
days a week

# Physical Activity: It Fits with Life



## Feel better, look better, live longer.

Physical activity need not be vigorous to improve health, according to the latest *Surgeon General's Report*. Physical activity at a moderate level improves your mood and sense of well-being. It gives you more energy and helps control weight. It improves balance and bone and muscle strength, preventing falls and fractures.



## Everyday activities count.

Brisk walking, gardening, dancing, even energetic vacuuming all add up to better health. You don't have to join a gym or take a class or buy expensive equipment. The key is to be Consistent: be active 30 minutes a day, at least 10 minutes at a time, five days a week. You are probably almost there. The health benefits are within your reach.

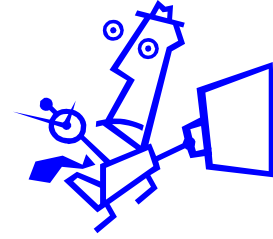


## The benefits are remarkable.

Scientists have found that people who are active at a moderate level experience a long list of health benefits. Physical activity reduces the risk of developing heart disease, colon cancer, high cholesterol, high blood pressure and diabetes. These are the leading causes of illness and death in the United States. You get so much for so little.

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- **Keep a comfortable pair of walking shoes at the office**
- **Take fitness breaks during coffee breaks**
- **Use the stairs instead of the elevator**
- **Establish an indoor walking or wheelchair course around your building or complex**
- **Park your car farther away and walk to your destination**
- **Plan activity breaks at meetings, conferences, gatherings or office parties**
- **Join in workplace wellness activities**
- **Or-**



• **organize a walking**