

GOOD THINGS HAPPEN WHEN YOU'RE PHYSICALLY ACTIVE

Imagine something that can:

- Help prevent heart disease, diabetes, osteoporosis and certain types of cancer.
- Help you burn more calories to maintain a healthy weight.
- Reduce stress, anxiety and depression.
- Help you sleep better at night and feel more energetic during the day.

And it's something you can get without spending money!

What is it?

Just 30 minutes of physical activity a day, at least 5 times a week, can bring you all of these health benefits. Yet only one in three American women gets enough physical activity on a daily basis.

Here is how you can build physical activity into your busy life.

Ready

- Talk to your doctor if you have not been physically active or if you have diabetes, heart disease, high blood pressure, arthritis, or if you are pregnant.
- Seek support from your family, friends and co-workers.
- Planning in advance helps you stick to a physical activity routine. Make plans to walk regularly with a friend, for example.
- Check out the mall or other community buildings - many are open for indoor walking.

Set

You don't need to join a health club or take up jogging. Everyday activities can provide health benefits:

- Walking the dog.
- Taking the stairs instead of the elevator.
- Dancing.
- Gentle stretching and light weight training.
- Gardening and yard work.
- Housework and home repairs.
- Swimming, biking and other sports.



It's everywhere you GO

- Start slowly with realistic goals - for example, walking 10 minutes a day.
- Make it a part of your regular day.
- Hard to find a 30 minute block of time? Try 10-15 minutes at a time, several times a day. For example, go for a walk during your lunch break.
- Choose comfortable clothes and sturdy shoes that are right for the weather.
- Drink plenty of water.

Dizziness, weakness, chest pain or shortness of breath during or after exercise is a sign that you should stop and check with your doctor.

Here's what I will do to be more active and improve my personal fitness:

FITNESS TIP: Remember to warm up and cool down for a few minutes before and after physical activity.



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