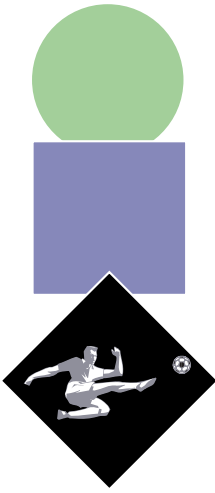


# Are you maintaining your physical activity level?



*I already accumulate 30 minutes of moderate physical activity on most days of the week. Is that enough?*

Congratulations! You are meeting the Surgeon General's recommendation and you are contributing to your overall good health. To maximize health benefits and prevent unwanted weight gain, work up to 60 minutes of physical activity every day. It also may be time for you to become a leader in helping others to get started.

## How Active Are You?

The US Surgeon General recommends that we accumulate 30 minutes (60 minutes for children and adolescents) of moderate physical activity on most, preferably all, days of the week. That's just three, 10-minute brisk walks per day.

## Why do I need to be physically active?

Now that you have become an expert at keeping physically active, you understand the many benefits that activity has to offer. You have more energy, you sleep better, and have strengthened your immune system and decreased the risk of a chronic disease. By staying physically active you will continue to:

- Feel better
- Improve your self-esteem and confidence
- Improve your muscle strength and endurance
- Maintain a healthy weight
- Become a positive role model to your family and friends

## Keep yourself active. Try new ideas:

- Set and write down new goals that are challenging but also realistic and attainable. Maybe it is time to enter a local walking or running road race.
- Is your activity program getting stale? Try walking a new route or join a new league or exercise class.

- Remember what worked for you when you were getting started. Identify ways you can work around new barriers and use the skills you've learned along the way to increase your physical activity time.
- Add a couple of sessions of strength training to your week if you are not doing so already. Remember, more muscle mass increases your metabolism and can prevent osteoporosis.
- Since you are now in good shape, don't be afraid to try a new sport like basketball or tennis.
- If you have been walking regularly, try intervals of jogging periodically during your walk.
- If you have been jogging regularly, try to increase your pace or your distance (but not both at once).
- Most importantly, be a role model in your community. Get involved in community planning to make sure that it is designed to be bike and pedestrian friendly.

## How can I stay motivated?

- Continue to increase your knowledge of the benefits of exercise. Participate in a fitness assessment every 3-4 months to check-in on your progress.
- Have a certified personal trainer assess your program and make changes as necessary for better results.
- Share your passion for activity—volunteer or coach a local youth league or club.

