MOVE AROUND MORE
Move Around More

Physical activity has many benefits to your health. Try to get at least 30 minutes of exercise on most days of the week.

**DID YOU KNOW?** Not being physically active is a risk factor for cardiovascular disease.

**FACT:**
Benefits of exercise include decreased heart rate and increased blood flow which can improve blood pressure control, increase good cholesterol, and lower blood sugars.

For more information:
http://www.bhlcenrer.fsu.edu

**Ways to Be Physically Active**

- Doing household chores such as gardening and cleaning
- Joining a walking program
- Using your chair and other household items to exercise
- Taking the stairs instead of the elevator

*Consult a physician before beginning any exercises*
‘EXERCISE WILL GIVE ME A HEART ATTACK!’

Generally healthy individuals +
Moderate-intense activity
Low risk of adverse events

Stay safe, take it slow!
‘HOW CAN I TELL IF I AM DOING MODERATE-INTENSITY ACTIVITY?’

The ‘Talk Test’

- Low: you can talk and sing
- Moderate: you can talk but not sing
- Vigorous: difficult to talk
PHYSICAL ACTIVITY WORKS: STRONG EVIDENCE

• Reduces risk for:
  • Early death
  • Chronic diseases, such as diabetes, high blood pressure, heart diseases, cancers

• Prevents:
  • Weight gain
  • Falls

• Benefits:
  • Weight loss
  • Mental health
  • Heart and muscle fitness
MOVE MORE, MOVE SMART

• Choose appropriate activities
• Start slow and go slow
• Individuals with chronic conditions, consult a health care provider

“I keep active so I can do the things that I love.”
—Rise, age 64
FOR MORE INFO

Physical Activity Guidelines for Americans
www.health.gov/paguidelines/
Office of Disease Prevention and Health Promotion
US Department of Health and Human Services