





## Educational Goal: Increase Physical Activity

### Physical Activity Gold Standard

 To reduce risks of chronic disease – 30 minutes a day of physical activity on most days of the week

 To maintain a healthy weight – 60 minutes a day of physical activity on most days of the week

Physical activity does not need to be strenuous to have health benefits. Make it part of your everyday life by:

- ✓ pleasure walking,
- ✓ dancing,
- ✓ running,
- ✓ golfing,
- ✓ gardening,
- ✓ housework,
- ✓ biking, hiking or
- ✓ walking the dog.

First, check out what your level of physical activity is by using the enclosed **Physical Activity Log** for 7 days.

Now, challenge yourself - Follow the **Jump Start table** to take your first **STEP** to better health.

If you have not been active, start with short sessions of physical activity for 5-10 minutes and gradually build up to your desired level of activity. Check with your doctor before starting any increased physical activity plan.

