Be Active Throughout Your Day

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Being physically active may help you:

- Live longer
- Feel better about yourself
- Decrease your chances of becoming depressed
- Sleep well at night
- Move around more easily
- Have stronger muscles and bones
- Stay at or get to a healthy weight

Regular exercise can reduce stress, help with weight control, and even help you sleep better.

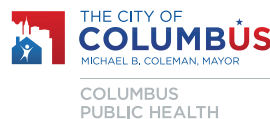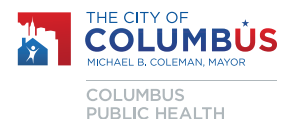**Not being physically active can increase your chances of:**

- Heart disease
- Type 2 diabetes
- High blood pressure
- High blood cholesterol
- Stroke

Keep in mind, you don't have to do all of your activity at one time, aim for a total of 30-60 minutes of activity a day. Take every opportunity you can to get moving.

- If you sit at a desk, stand up and stretch throughout your day.
- Catch up with friends and co-workers on a walk.
- Do short intervals of activity throughout the day, such as crunches, jumping jacks, and squats.

Adapted from http://www.choosemyplate.gov/physical-activity/why.html

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Columbus City
Creating Healthy Communities

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