Be Active Throughout Your Day

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Be Active Througout Your Day

Getting 30-60 minutes of physical activity each day is important to maintain good health.

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

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

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

Columbus Public Health
240 Parsons Ave, Columbus, OH 43215
www.publichealth.columbus.gov

Columbus City Creating Healthy Communities

THE CITY OF COLUMBUS
ANDREW J. GINTHER, MAYOR
COLUMBUS PUBLIC HEALTH

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