



Preventive Health & Physical Activity

What if there was a pill that could improve your mood, wellbeing, productivity, stress levels, cognition, heart function, pain management, and mental health? What if that same pill could help with weight management, and decrease the risk of several health conditions such as heart disease, diabetes, high blood pressure, and high cholesterol? And what if that same pill could also strengthen your bones and joints, and improve your quality of life as you get older? Would you take this “magic” pill?

The truth is- there is no pill that can provide you all of these benefits, but there is one thing that you could do to gain these benefits as well as prevent several health conditions from occurring in your lifetime. That “magic” pill is physical activity!

The American Heart Association recommends that all adults participate in at least 150 minutes of moderate-intensity aerobic activity every week, as well as 2 days of muscle strengthening activities per week. Moderate-intensity aerobic activity is anything that gets you breathing harder and your heart beating faster. Some examples include walking, biking, hiking, dancing, or yard work. Muscle strengthening consists of working the full body with weights or body weighted exercises, such as crunches, squats, single-leg balance, and push-ups.

It's never too late to incorporate exercise into your daily life. Everyone can benefit from physical activity- no matter your age, sex, ethnicity, health condition, shape or size. Fitting regular physical activity into your schedule may seem hard at first, but you can reach your goals through different types and amounts of physical activity each week. Check out these tips from the [Center of Disease Control and Prevention](#) below to help you get started in staying active!

1. **Talk to your doctor** if you have a chronic condition like diabetes or heart disease. They can provide you a recommended prescription of physical activity for you to exercises safely.
2. **Get your support of your friends and family**- invite them to get active with you!
3. **Start slowly** and add time, frequency, or intensity every week.
4. **Schedule your physical activity** for times in the day or week when you're most energetic.
5. **Plan ahead.** Make physical activity part of your daily or weekly schedule.
6. **Walk** instead of drive to nearby destinations or park the car farther away and fit in a walk to your destination.
7. **Support improvements in your neighborhood** that make it easier to walk or bike to where you want to go.