

# THE IMPORTANCE OF MOVEMENT



## Benefits of Physical Activity

- Staying active has many benefits to the body. Exercising can lower a person's risk of developing diseases, including obesity, diabetes, and heart disease. Exercising also gives you endorphins which can make you feel happier and stronger.
- The CDC recommends that adults to get at least 150 minutes of physical activity each week and that children ages six or older get 60 minutes of physical activity each day. While that may sound like a lot of time, you can easily break down the time into smaller workouts or activities throughout the day.

## Tips for adding more movement in your day

- **Step to it!** Walk, jog, or bike ride around your neighborhood or apartment complex.
- **Take the stairs.** If your office, home, or a store you visit has stairs, climb them instead of taking the elevator.
- **If you don't have access to a gym, workout in your living room!** Clear some space and find free online workout videos. There are many options for yoga, cardio, Zumba, barre, weight training and more that you can enjoy from the comfort of your home.
- **Get moving with household chores.** Vacuuming, sweeping, mopping, gardening, or mowing the lawn can increase your heart rate and help you check some items off your to-do list.
- **Play outside with your kids.** If it's hard to find time to exercise, try making it part of your family's nightly routine. This will also encourage your family to put their devices away and bond.

