

Make Fitness FUN!



Tips to Get You Movin'!

- **Involve friends and family:** Take family walks before or after dinner. Get your friends together for a walking group or to ride bikes. Play catch with your kids.
- **Join a team:** Sign up for a sports team through your local parks and recreation department.
- **Start a physical activity challenge at work:** A friendly competition between co-workers is a great motivation.

Small Steps Add Up

We all know exercise is important. It helps us manage stress and maintain or lose weight. It can also lower the risk of heart disease and diabetes.

Make physical activity a daily habit. The **recommended amount** of physical activity for adults is:

- 30 minutes of moderate physical activity three or more days a week or,
- 20 minutes of vigorous physical activity two or more days a week.