

## Stay Active and Feel Better!



**Physical activity is good for your whole family.**

**Do any of these situations sound like your life?**

“I always feel so tired and worn out.”

“My whole family is putting on weight. I know we better do something soon.”

“Walking up two flights of stairs leaves me out of breath.”

“When my husband and I were first married, we would take long walks every day and go dancing. Now all we do is sit in front of the television.”

“I don’t have an extra half hour every day to exercise...but I know it is good for my health.”

**Get active—feel better!**

Make physical activity your solution to feeling tired, bored, and out of shape. Find time. It is never too late to make a commitment to a healthy heart and healthy body. Add activity to your daily routine. Include your family. Children and adults should do 30 minutes or more of moderate physical activity each day.

**Start by adding movement to your daily routine.**

Get off the bus one or two stops early and walk. Park your car farther away and walk. Use the stairs instead of the elevator. Dance to your favorite music.

**It is easy to build up to 30 minutes of physical activity each day.**

You do not have to do 30 minutes of activity without stopping. You can take a

10-minute walk during your lunch break. You can take another 10-minute walk with your kids after work. Then dance to the rhythm of your favorite music for 10 more minutes while dinner is cooking. Just so it adds up to 30 minutes each day. Turn exercise time into a fun family activity. Jump rope, go skating, or walk with your family. Invite a friend to do aerobics with you. Start slowly and build up to a good pace. Before you know it, you will have the energy to do an activity for a full 30 minutes.

**Add these benefits of physical activity to your life.**

- strengthen your heart and lungs
- lose weight and control your appetite
- lower your blood pressure
- lower your blood cholesterol
- sleep better
- reduce your stress
- have more energy



**Are you ready to begin?**

You can start exercising slowly if you do not have a health problem. If you have a health problem, check with your doctor before starting an exercise program.

**Make physical activity a part of your family life today! An ounce of prevention is worth a pound of cure.**

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