

# Increasing Physical Activity

## Healthy Tips & Ideas

Staying physically active has many benefits. Physical activity can help prevent many types of cancer and other chronic diseases, including heart disease, stroke and diabetes.

Try to be physically active for at least 30 minutes every day. But even ten minutes every day helps! To fit more physical activity into your daily routine, follow these simple tips:



### Chores matter

Walking the dog, cleaning the house and washing the car all count as physical activity.

**Replace driving** If possible, try walking or biking instead of driving. Make sure to wear comfortable shoes.

**Get the family involved** Enjoy an afternoon bike ride with your kids or grandchildren. Just playing with your kids or grandchildren is physical activity. Play in the leaves or build a snowman with them, depending on the time of the year.

**Play a sport** Keep playing sports that you enjoy or you can try new ones with friends.

Try playing basketball, softball, soccer or tennis. If you golf, try walking instead of using a golf cart.



**Replace coffee breaks at work** Instead of taking the usual coffee break, try taking a brisk 10-minute walk.



### Keep it interesting

Feel free to switch things up and try something different on

alternate days. Don't be afraid to try new activities; you may end up enjoying them.

**Get busy in the yard** Plant a garden to keep you active outside. Mow the lawn with the push mower.

**Check out your local area** Visit your local gym or activity center to see what equipment and activities are available. Visit the local park or go for a nature walk on nearby trails.

**Every little bit adds up** Remember, the important thing is that you are being active. Any sort of physical activity is better than none.

**Have fun** Choose activities that you like to do and have fun!

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## Where can I get more information?

The USDA's Center for Nutrition Policy and Promotion provides information on portion size, serving suggestions, healthy meal tips and recipes.

**Phone:** 1-888-799-7264

**Website:** [www.choosemyplate.gov](http://www.choosemyplate.gov)

The American Heart Association's Nutrition Center offers information about healthy diet goals, smart shopping, recipes, healthier meal preparation methods, smart substitutions and much more.

**Phone:** 1-800-AHA-USA-1 (1-800-242-8721)

**Website:** [www.heart.org](http://www.heart.org)

The National Cancer Institute provides accurate and up-to-date information about cancer types, prevention, detection, diagnosis, treatment, survivorship and end of life care.

**Phone:** 1-800-4CANCER (1-800-422-6237)

**Website:** [www.cancer.gov](http://www.cancer.gov)

## Local Notes:



**For more local information, please contact:**

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