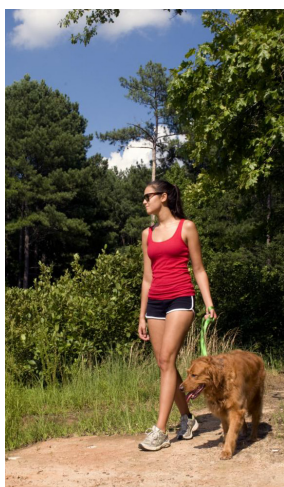


Increasing Physical Activity

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

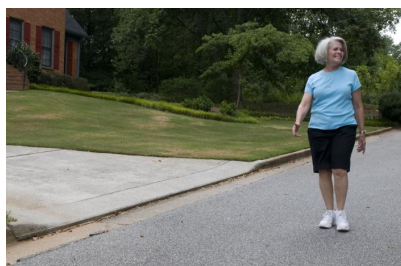
If possible, try walking or biking instead of driving. Make sure to wear comfortable shoes.

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!

Increasing Physical Activity

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

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

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

Local Notes:



Carbone Cancer Center
UNIVERSITY OF WISCONSIN
SCHOOL OF MEDICINE AND PUBLIC HEALTH



**Cancer Health
Disparities Initiative**

ruralcancernetwork.org

For more local information, please contact:

Place label here

This handout is for educational purposes only.
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