Be Active

Make physical activity part of your daily routine.

Measure how well you are doing by using the SuperTracker at www.SuperTracker.usda.gov. (NOTE: Children and adolescents should get 60 minutes or more of physical activity a day.) To find the right amount of physical activity for you and your family, visit: www.health.gov/paguidelines

Physical activity helps improve your chances of avoiding health problems, such as heart disease, high blood pressure, diabetes, osteoporosis, and some cancers. It also helps you manage your stress, sleep better and maintain your weight. If you have a chronic illness, please consult with your healthcare provider to make sure it is safe for you to begin an exercise routine.

Fun stuff counts as exercise!
Get active with your family or friends, whether it’s soccer in the backyard, dancing to music, marching in place while watching your favorite TV show, doing sit-ups or push-ups during commercials or taking a brisk walk in your neighborhood. You should complete your physical activity in at least 10-minute blocks to get the health benefits of the activity.

- Set your goal at 150 minutes per week (2 ½ hours per week) of moderate physical activity.
- Take a brisk 10-minute walk on your lunch break and make sure you do not sit for long periods of time by getting up and moving every hour. You’ll feel good and have more energy, too.
- Hop off the bus a few blocks early and walk briskly the rest of the way.
- Keep active around the house and yard: sweep the garage, wash the floors, vacuum the rugs or trim the shrubs. It all helps you stay fit—and the house will look great, too.
- Clip on a step counter and start moving! For good health, gradually build up to 10,000 steps a day—that’s about five miles.
- Too busy to get to the gym? Be active in small ways throughout the day. For instance, walk up and down the stairs at work several times a day.
Family-focused tips

- Family time is active time and fun time!
- Make physical activity fun for the whole family. Walk, run and play together.
- After dinner, spend at least 10 minutes going for a walk or playing tag.
- Be a role model. Instead of sitting on the bleachers during your child’s athletic practice, go for a walk or jog.
- Start a physical activity challenge. With SuperTracker, set up a family challenge to see who is meeting their goals faster. Visit www.presidentschallenge.org for more information about individual and group exercise challenges.
- Kids learn from watching you. Be active every day and your kids will too.
- Encourage your children to try new activities like dancing, martial arts, swimming, or rollerblading. Find activities that you can all enjoy as a family.
- Make physical activity part of celebrations by including dancing and games.

Each week you should do at least:

**Aerobic exercise**

**Moderate activity**
- Moderate activity is when your heart beats fast and you breathe hard (i.e., “I can talk while I do these activities, but I can’t sing”).
- 150 minutes per week (30 minutes five days per week)

**OR**

**Vigorous activity**
- Vigorous activity is when your heart beats really fast and you breathe hard (i.e., “I can only say a few words without stopping to catch my breath”).
- 75 minutes per week

**Strength training**
- Strength training involves activities that you do to build muscle and overall body strength. Examples include lifting heavy objects, doing chin-ups, push-ups and pull-ups.
- 2 days per week