

WHAT PHYSICAL ACTIVITY CAN DO FOR YOU

Benefits of Physical Activity



IMPROVE HEART
HEALTH



BUILD STRONG
MUSCLES AND BONES



IMPROVE SLEEP



IMPROVE MOOD

There are many reasons to be physically active, such as physical, mental, and emotional health. Being physically active can lower the risk of heart disease and build strong muscles and bones. Physical activity can also improve mood and quality of sleep. Being physically active in childhood helps develop healthy habits for life.

What is physical activity tracking?

Tracking your physical activity can be a helpful strategy as you work towards improved physical fitness and health. By keeping a tangible record of the intensity and duration of the exercises you engage in each week, you can reflect on ways you are meeting recommendations and set goals to make physical activity a part of your schedule.

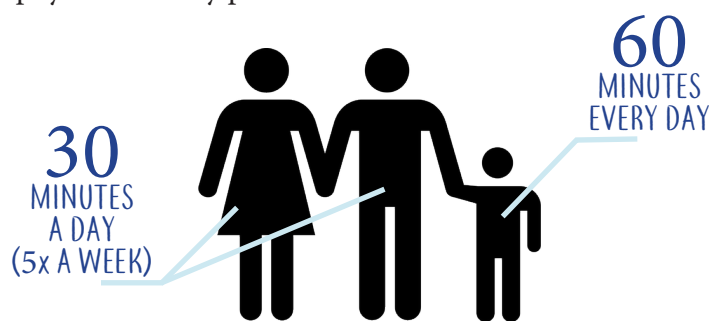
How can I track my physical activity?

You don't need fancy tools or technology in order to start tracking your daily physical activity. All you need is a pen and paper. For each week, create seven columns and label the days of the week. Fill out the chart with what physical activities you do, the intensity, and the duration.

At the end of the week, tally up the total time. Consider how you can incorporate different activities and intensities of physical activity in the upcoming week.

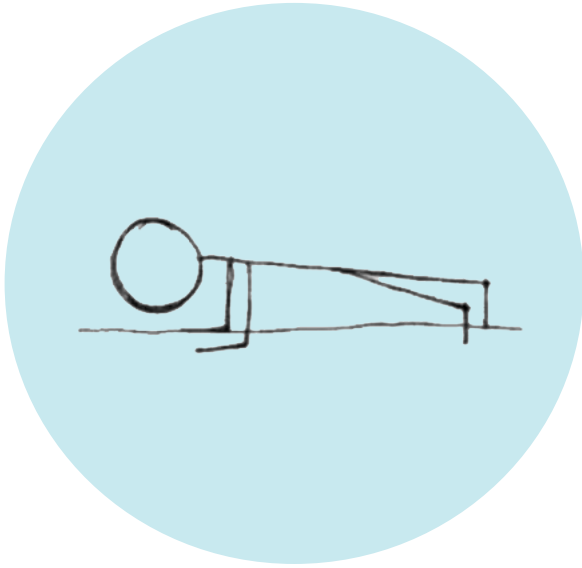
How much physical activity should I aim for each week?

Adults should aim for 150 minutes and children should aim for 420 minutes of moderate-vigorous physical activity per week.



HEALTHY CHOICES IN MOTION: SPOTLIGHT MOVE - PLANKS!

Try this move at home!



Quick Review:

- 1) Put your elbows on the ground and bend them into an L shape.
- 2) Resting your weight on your forearms, stretch your legs back and dig your toes into the ground.
- 3) Your body should be in line with your shoulders over your elbows.
- 4) Hold it for as long as you can!

EASY TO USE TRACKERS



myfitnesspal 



Pedometer

A pedometer or other wearable step tracking device can give you an idea of how physically active you are. Aim for 10,000 steps per day.

MyFitness Pal

This free app, which features a database with information about over 350 physical activities, can be used to log exercise and steps.

<https://www.myfitnesspal.com/>

USDA Supertracker Physical Activity Tracker

By making a free account, you can use this online database to keep track of the activities, duration, and muscle-strengthening exercises you do each week.

<https://www.supertracker.usda.gov/>