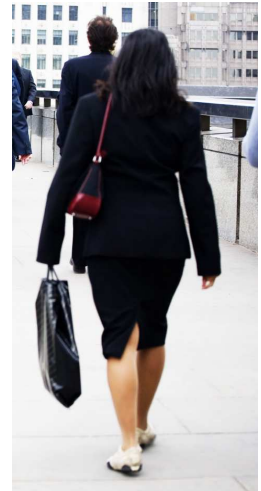


Move More



Physical activity provides many health benefits—it helps you control your weight and fight disease. Regular activity lowers your risk of heart disease, stroke, type 2 diabetes, high blood pressure, high cholesterol and depression.

The 2008 Physical Activity Guidelines for Americans recommend that adults get 150 minutes of moderate-intensity aerobic physical activity each week to gain health benefits. That may sound like a lot, but it is only 30 minutes on most days of the week. Are you short on time? You can still gain health benefits by breaking up your physical activity into 10-minute segments throughout the day.

But what is moderate-intensity aerobic physical activity? Aerobic physical activity is continuous movement that uses the large muscle groups of your arms and legs. During moderate-intensity aerobic physical activity, your heart rate increases and you may begin to breathe hard. Walking, running, swimming and biking are great examples of moderate-intensity aerobic activity.

For information about the 2008 Physical Activity Guidelines for Americans visit: www.Health.gov/PAGuidelines

WORKSITE WELLNESS TURKEY PROGRAM

Ten-Minute Challenge

Ten-Minute Tips

Move more every day by taking 10 minutes to:

1. Take more steps by parking further away from your destination
2. Crank up your favorite music and dance
3. Play fetch or take a walk with your pet
4. Be a kid again and play games like kick ball, kick the can, tennis or shoot some hoops— invite friends, family or co-workers to join you
5. Ride your bike instead of driving
6. Take a walking break during lunch or ask a co-worker a question the old fashioned way— walk over instead of e-mailing
7. Take the stairs instead of the elevator whenever possible

Remember to give yourself a point each time you complete a tip!



North Carolina Public Health
Working for a healthier and safer North Carolina
Everywhere. Everyday. Everybody.

