Most Americans aren’t moving enough to meet the minimum exercise required for good health. As little as 30 minutes of moderately intense physical activity every day can help you avoid many health issues, including heart disease, stroke, diabetes, depression, and some types of cancer.

**Why Is Exercise Important?**

**Exercise Has Many Benefits**

**Good For Your Heart**
Exercise reduces your risk of heart disease, hypertension, stroke, and diabetes.

**Keeps Your Bones and Joints Healthy**
Weight-bearing exercise protects bone density and helps prevent falls.

**Helps You Sleep Better**
A routine that includes consistent exercise can improve sleep duration and quality.

**Helps Maintain a Healthy Body**
Exercise is an important part of achieving and maintaining a healthy body composition and healthy proportions of muscle to fat.

**How Much Exercise Do I Need?**

**Adults** should get at least 30 minutes of moderate intensity physical activity five days per week (150 minutes per week).

**Children** should get at least 60 minutes of moderate to vigorous physical activity each day.

**Older Adults** who cannot do 150 minutes of moderate-intensity aerobic activity a week due to chronic conditions should be as physically active as their abilities and conditions allow.

Learn more at freshapproach.org/veggierx
### Four Types of Exercise

Practice all four types of exercise for the most health benefits.

#### Endurance

**Endurance, or aerobic, activities** increase your breathing and heart rate. They keep your heart, lungs, and circulatory system healthy and improve your overall fitness.

Endurance exercises include:
- Brisk walking or jogging
- Yard work (mowing, raking, digging)
- Dancing

#### Strength

**Strength exercises** make your muscles stronger. They may help you stay independent as you get older and do everyday tasks, such as climbing stairs and carrying groceries. These exercises also are called "strength training" or "resistance training."

Strength exercises include:
- Using your own body weight
- Using a resistance band
- Lifting weights

#### Balance

**Balance exercises** help prevent falls, a common problem in older adults. Many lower-body strength exercises will also improve your balance.

Balance exercises include:
- Standing on one foot
- Heel-to-toe walk
- Tai Chi

#### Flexibility

**Flexibility exercises** stretch your muscles and can help your body stay limber. Being flexible gives you more freedom of movement for your everyday activities.

Flexibility exercises include:
- Shoulder and upper arm stretch
- Calf stretch
- Yoga

### More Fun and Easy Ways to Stay Active

- Dance to your favorite music.
- Go on a family walk after dinner
- Play with your kids: run, bike, or play active games.
- Go on a hike. The Bay Area has many wonderful nature trails and parks!
- Try using exercise bands. These are inexpensive and portable, and a great way to build strength!
- Work in the garden. Digging, raking leaves, and weeding are all great exercise!
- Walk 10 minutes a day. Try building this into your routine: take walking breaks while at work, or take a morning walk every day.
- Limit your “screen time” watching TV, playing video games, or surfing the internet (outside of work time) to 2 hours per day.

---

**VeggieRx Cooking & Nutrition**
Learn more at freshapproach.org/veggierx