

LET'S GET ACTIVE THIS MAY!



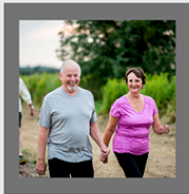
Immediate benefits of physical activity for adults:

- Boosts mood
- Improves blood pressure
- Better sleep



Long term benefits of regular physical activity for adults:

- Improves brain and heart health
- Helps maintain healthy weight
- Lowers risk of several types of cancers



Benefits of physical activity for children:

- Improves academic performance
- Builds healthy muscles and endurance
- Promotes long-term health and healthy weight



MINERAL COUNTY
Health Department

150

Adults need at least **150 minutes** of moderate-intensity aerobic activity a week

Kids and teens between the ages 6-17 need at least **60 minutes** of moderate-intensity aerobic activity per **day**.

60

*Moderate-intensity aerobic activity is anything that raises your heart rate. Try a brisk walk, running, biking, or hiking. Consult your physician before starting a new workout regimen.

Resources:

CDC



AHA

