

Get Active!



Leader Talking Points

- Inactivity increases risk of early death, heart disease, stroke, type 2 diabetes, and certain cancers
 - Physical inactivity is the 4th leading risk factor for global mortality
- Globally, 1 in 4 adults is not active enough
 - Average American spends approximately 55% of waking time (7.7 hours per day) being sedentary
- Regular physical activity can help:
 - Control your weight
 - Reduce your risk of cardiovascular disease
 - Reduce your risk of type 2 diabetes and metabolic syndrome
 - Strengthen your bones and muscles
 - Improve your mental health and mood
 - Improve your ability to perform daily tasks
 - Increase your chance of living longer and more!
- Physical activity is any body movement that works your muscles and requires more energy than resting
 - Light-intensity activities are common daily activities that don't require much effort—you're not moving enough to get your heart rate up
 - Moderate-intensity activities make your heart, lungs, and muscles work harder than light-intensity activities
 - You're moving enough to raise your heart rate and break a sweat (e.g., brisk walk, leisurely bike ride, gardening, mowing the lawn)
 - Vigorous-intensity activities make your heart, lungs, and muscles work hard
 - You're moving so much your heart rate increases significantly and your breathing is hard and fast (e.g., running, jumping rope, swimming laps, aerobic dancing)
- Physical activity guidelines for adults are 150 minutes of moderate-intensity aerobic activity weekly OR 75 minutes of vigorous-intensity aerobic activity weekly PLUS muscle-strengthening activities 2 or more days per week

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- Muscle-strengthening activities should work all the major muscle groups: the legs, hips, back, chest, abdomen, shoulders, and arms
 - No specific amount of time is recommended for muscle-strengthening, but exercises should be performed to the point at which it would be difficult to do another repetition
- Every minute counts—any physical activity is better than none
 - Gradually increase your activity level with guidance from your healthcare provider
 - Aim for at least 10 minutes of activity at a time
- Prolonged sitting has been linked to poor blood circulation, inhibited metabolism, anxiety/depression, obesity, and metabolic syndrome
- Making small lifestyle changes can have a big impact on your health—combat “sitting disease” by simply standing up more
 - Alternate between sitting and standing every 30 minutes
 - Try standing instead of sitting while doing simple tasks (e.g., talking on phone, eating lunch, chatting with colleagues)
 - Stretch several times each day
- Remember: Always consult your healthcare provider before beginning a new exercise or activity regimen