



Everyday activities count! Everyday

- ▶ Throw on some music and liven up the housework
- ▶ Play with your kids — their way
- ▶ Find the time by adding up the amount of all your physical activities. Make sure they add up to 30 minutes
- ▶ Physical activity doesn't need to be hard, but must be regular to achieve health benefits
- ▶ Select activities you enjoy and that fit into your daily lives
- ▶ It doesn't matter what you do, but it does matter how long or intense the activity is
- ▶ Do light and moderate activities longer than heavy, fast or intense activities (walk for 30 minutes or run for 15 minutes)
- ▶ After you get into a regular routine — pick up the pace

Adding physical activity to your life is easier than you think.

When you're cleaning the house, walking the dog, or play with the kids — vacuum vigorously, walk faster, play active games and have fun.

You'll get more out of life with physical activity.

Everybody needs it.



Take Heart Alaska

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Everybody needs it!

