

PHYSICAL FITNESS & SPORTS

Awareness Month



NATIONAL PHYSICAL FITNESS & SPORTS MONTH

Life is full of choices, yet there seems to be one that will never let you down: choosing to be physically active. This decision will always be in your favor

This choice is the only one that can lower your risk for chronic diseases, while strengthening your muscles and bones and even improving your mood.

For substantial health benefits, adults should do at least 150 minutes of moderate-intensity aerobic physical activity each week, according to the Department of Health and Human Services Physical Activity Guidelines for Americans. Getting 150 minutes of exercise a week might seem like a lot, but breaking it down into smaller intervals can help make it feel more manageable.

1

THE BENEFITS

Reduces the risk for heart disease, stroke, diabetes & some cancers, lowers cholesterol & blood pressure!

2

GET MOVING

Take the stairs, take a walk at lunchtime, go for a hike instead of the movies, try yoga or boxing instead of video games!

3

SPORTS TIME

Playing sports like basketball, volleyball, & soccer are great ways get in your 150 minutes of physical activity during the week. Invite friends, join a team, or play with your family & find a sport you all can enjoy!



PLAY GAMES WITH YOUR KIDS!



GO FOR A SWIM!



WALK THE DOG!



DANCE!

MIDDLETOWN



Public Health
Prevent. Promote. Protect.