

Physical Activity – Your Move to Better Health!

Talk to your doctor about the types and amounts of physical activity that are right for you before starting any exercise program.

Five good reasons to be physically active

- 1** Strengthens muscles and bones and reduces the chance of falls
- 2** Lowers risk of heart disease, diabetes, and colon and breast cancer
- 3** Helps maintain a healthy body weight
- 4** Improves sleep and bowel function
- 5** Enhances mental health and mood

Examples of physical activity

STRENGTH AND BALANCE EXERCISES:

 Lifting weights	 Tai chi
 Yoga	 Walking

MODERATE INTENSITY EXERCISES:

 Hiking	 Gardening
 Cycling	 Dancing

VIGOROUS INTENSITY EXERCISES:

 Running or jogging	 Tennis
 Swimming	 Climbing stairs



How much physical activity should you do?

Per week

2 or more times
Strength and balance exercises

.....and.....

150-300
minutes
Moderate intensity exercises

(increased rate of breathing, still able to talk)

.....or.....

75-150
minutes

Vigorous intensity exercises

(fast breathing, difficulty talking)

.....or.....

a combination of
vigorous and moderate intensity exercises

Source: U.S. Department of Health and Human Services. Physical Activity Guidelines for Americans, 2nd edition. Washington, DC: U.S. Department of Health and Human Services; 2018.

Health Net is contracted with Medicare for HMO and HMO SNP plans, and with the state Medicaid program. Enrollment in Health Net depends on contract renewal.

FLY029557EC00 (5/19)