Why is Physical Activity Important?

Being physically active is fun, helps you look and feel your best, and gives you more energy to do other things.
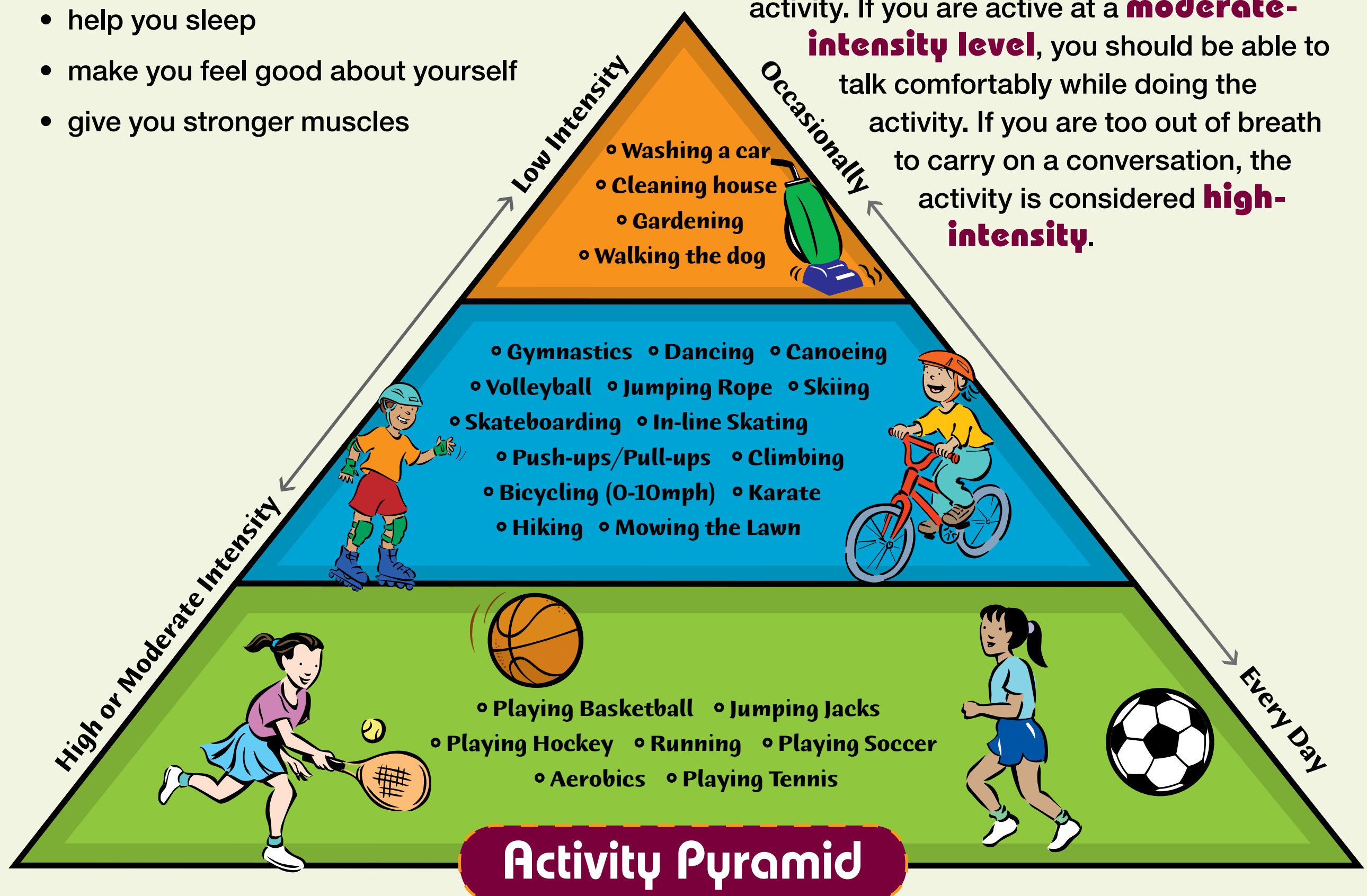
Physical activity helps your body work better, too! It can:

- improve blood circulation throughout your body
- help keep weight under control
- improve blood cholesterol levels
- boost your energy level
- help you sleep
- make you feel good about yourself
- give you stronger muscles

The more active you are, the faster your heart beats.

Because your heart is a muscle, it becomes stronger and more efficient when you exercise it. You definitely want your heart to be strong enough to pump blood throughout your body! To benefit most from physical activity, try to get at least 60 minutes of moderate- or high-intensity activity each day.

If you are active at a **low-intensity level**, you should be able to sing while doing the activity. If you are active at a **moderate-intensity level**, you should be able to talk comfortably while doing the activity. If you are too out of breath to carry on a conversation, the activity is considered **high-intensity**.

Low Intensity

Occasionally

- Washing a car
- Cleaning house
- Gardening
- Walking the dog

High or Moderate Intensity

- Gymnastics ○ Dancing ○ Canoeing
- Volleyball ○ Jumping Rope ○ Skiing
- Skateboarding ○ In-line Skating
- Push-ups/Pull-ups ○ Climbing
- Bicycling (0-10mph) ○ Karate
- Hiking ○ Mowing the Lawn

Every Day

- Playing Basketball ○ Jumping Jacks
- Playing Hockey ○ Running ○ Playing Soccer
- Aerobics ○ Playing Tennis

Activity Pyramid

JUMP ROPE FOR HEART

HOOPS FOR HEART

Get Moving Today!