Balance Calories with Physical Activity

Finding the right balance between food and physical activity is an important step toward good health. The good news is that you don't have to join a gym or be a trained athlete to benefit from physical activity. The moves you make each day add up—all you need to do is get moving!

Benefits Last a Lifetime

Physical activity is an essential component of a healthy lifestyle. It is good to enjoy doing physical activity on a regular basis because it can help you:

- Feel better about yourself
- Have more energy throughout the day
- Sleep well at night
- Lower stress and improve mood
- Stay at or get to a healthy weight
- Build and keep healthy bones, muscles and joints
- Lower your risk of certain chronic diseases, such as type 2 diabetes, high blood pressure, heart disease, stroke and certain types of cancer

How Much is Enough?

MyPlate recommends that adults be physically active 30 minutes most days for overall good health. Feeling pressed for time? Break down your workouts into activities that last at least 10 minutes. Fitting in small amounts of exercise throughout your day will give you an extra energy boost. If you've been out of action for a while, start with a 10-minute walk and gradually add more minutes over time.

Do What "Moves" YOU!

To get started and stick with it, choose activities that you enjoy and can do regularly. Fitting activity into a daily routine can be easy and FUN. Keep your routine interesting by trying something different on alternate days. Every little bit adds up and doing something is better than doing nothing.

AT HOME	AT WORK	AT PLAY
Enjoy a bike ride or game of basketball with your kids	Walk around the block during your lunch hour or coffee break	Walk, jog, skate or cycle
Clean the house or wash the car	Take the stairs instead of the elevator	Take dance lessons or an aerobics class
Buy an exercise or yoga video	Join the office softball league or walking group	Carry or pull your golf culbs
Use hand weights while you watch TV	Take part in an exercise program at work or a nearby gym	Swim or do water aerobics
Rake leaves or mow the lawn with a push lawn mower		Play soccer, tennis or basketball
		Ski cross-country or downhill