



BENEFITS OF PHYSICAL ACTIVITY AND MOVEMENT

Why Physical Activity Matters

Physical activity isn't just for athletes — it's essential for everyone. Whether it's walking, dancing, gardening, or playing sports, moving your body regularly has powerful effects on your physical and mental well-being.

Mental and Emotional Benefits

- Reduces stress and anxiety
- Improves mood
- Boosts brain function and memory
- Supports better sleep
- Enhances self-esteem and confidence

Physical Health Benefits

- Strengthens muscles and bones
- Improves heart health and circulation
- Helps control blood pressure and blood sugar
- Improves balance, flexibility, and coordination
- Supports a healthy weight
- Boosts the immune system

How Much Physical Activity Do You Need?

According to the Physical Activity Guidelines for Americans:

- **Adults (18–64):** At least 150–300 minutes a week of moderate-intensity, or 75–150 minutes a week of vigorous-intensity aerobic physical activity
- **Older Adults (65+):** Same as adults, with an added focus on balance and flexibility
- **Children & Teens (6–17):** At least 60 minutes/day of moderate to vigorous physical activity

Is it moderate or vigorous?

Try the talk test: If you're breathing hard but can still have a conversation easily, it's moderate intensity activity. If you can only say a few words before you have to take a breath, it's vigorous intensity activity.

Easy Ways to Move More

- Take the stairs
- Go for a walk with family and friends
- Stretch during TV commercial breaks
- Join a fitness class
- Go dancing!
- Walk during phone calls
- Try gardening

Start Where You Are

It's never too late (or too early) to get moving. Start small. Make it fun. Stay consistent.

Your body and mind will thank you.

Information provided is for educational purposes only. AVI does not endorse or recommend any specific diet program. Please consult a physician prior to beginning any diet or exercise program.

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