

PHYSICAL ACTIVITY

Engaging in regular physical activity is one of the most important things you can do for your health. Regular physical activity can help with mental health and prevention or managing chronic diseases such as diabetes, heart disease, and several types of cancer. And, even better, you can get immediate benefits from physical activity such as better sleep and improvements in mood and energy.

There are physical activity [recommendations](#) for all ages. Among the demands of work or family responsibilities, dedicating time to exercise can seem overwhelming. However, breaking it down into manageable segments of at least 30 minutes per day over five days can make it more achievable. As an alternative, spreading physical activities throughout the day or doing whatever is possible is also beneficial, as some level of physical activity can be better than none at all.

For people with chronic health conditions, such as diabetes or high blood pressure, be sure to ask your doctor about the right type and amount of physical activity before getting started. For healthy individuals, incorporating moderate and vigorous activities can provide the most health benefits.

IDEAS FOR [MODERATE-INTENSITY](#) PHYSICAL ACTIVITIES

- ◆ Brisk walking
- ◆ Riding a bike
- ◆ Cleaning heavily (vacuuming, carpet cleaning, mopping)
- ◆ Playing at the park with your kids
- ◆ Gardening
- ◆ Dancing

IDEAS FOR [VIGOROUS-INTENSITY](#) PHYSICAL ACTIVITIES

- ◆ Running
- ◆ Jumping rope
- ◆ Climbing stairs
- ◆ Heavy yardwork
- ◆ Hiking
- ◆ Sports (soccer, basketball, tennis)

For more information about healthy physical activity patterns, visit [nutrition.gov](https://www.nutrition.gov).

Originally posted in June 2024, written by Ana Nunez Zepeda, MPH, NDTR.

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