



More information and resources are available at [www.michiganDO.com](http://www.michiganDO.com).

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Compliments of the Michigan Osteopathic Association and your osteopathic physician.

## PHYSICAL ACTIVITY

# YOU AND YOUR HEALTH

Preventive medicine is an important part of the care your osteopathic physician provides, but **YOU** are the most important person when it comes to your health. The lifestyle choices you make could have more impact on your health than other contributing factors, such as genetics, the environment or health care.



## Physical Activity for Life

Regular exercise is one of the most important preventive actions you can do to improve your health. Regular physical activity can:

- Help you lose or maintain a healthy weight.
- Reduce your risk of heart disease, some cancers and diabetes.
- Strengthen your bones and muscles.
- Improve your mental health and mood, reduce stress and prevent injuries.
- Increase your chances of living longer.

So how much physical activity do you need? According to the Centers for Disease Control & Prevention, adults need a minimum:

- 150 minutes of moderate-intensity aerobic activity\* each week and muscle-strengthening activities\*\* at least 2 days a week. **OR**
- 75 minutes of vigorous-intensity aerobic activity\*\*\* and muscle-strengthening activities on at least 2 days a week. **OR**
- An equivalent mix of moderate- and vigorous-intensity aerobic activity and muscle-strengthening activities on at least 2 days a week.

*\*brisk walking   \*\*works all major muscle groups: legs, hips, back, abs, chest, shoulders, arms   \*\*\*jogging or running*

Children need a minimum 60 minutes of physical activity each day including:

- Aerobic activity, either moderate or vigorous intensity. (Vigorous at least 3 days a week.)
- Muscle strengthening, such as gymnastics, push-ups, climbing trees or playing on a jungle gym.
- Bone strengthening, such as jumping rope or running.

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