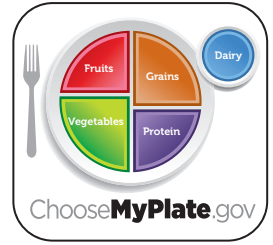


10 tips

Nutrition
Education Series

be active adults

10 tips to help adults include physical activity into their lifestyle



Being physically active is important for your health. Adults who are physically active are less likely to develop some chronic diseases than adults who are inactive. Physical activity is any form of exercise or movement of the body that uses energy. People of all ages, shapes, sizes, and abilities can benefit from a physically active lifestyle.

1 start activities slowly and build up over time

If you are just starting physical activity, build up slowly. This will help to prevent injury. After a few weeks, increase how often and how long you are active.



2 get your heart pumping

For health benefits, do at least 2½ hours each week of physical activity that requires moderate effort. A few examples include brisk walking, biking, swimming, and skating. Spread activities over the week, but do them at least 10 minutes at a time.



3 strength-train for healthy muscles and bones

Do strengthening activities twice a week. Activities that build strength include lifting weights, doing push-ups and sit-ups, working with resistance bands, or heavy gardening.

4 make active choices throughout the day

Every little bit of activity can add up and doing something is better than nothing. Take the stairs instead of the elevator, go for a 10-minute walk on your lunch break, or park further away from work and walk.

5 be active your way

Mix it up—there are endless ways to be active. They include walking, biking, dancing, martial arts, gardening, and playing ball. Try out different activities to see what you like best and to add variety.

6 use the buddy system

Activities with friends or family are more enjoyable than doing them alone. Join a walking group, attend fitness classes at a gym, or play with the kids outside. Build a support network—your buddies will encourage you to keep being active.



7 set goals and track your progress

Plan your physical activity ahead of time and keep records. It's a great way to meet your goals. Track your activities with the Physical Activity Tracker on **SuperTracker**.^{*} Use the My Journal feature to record what you enjoyed so you can build a plan that is right for you.

8 add on to your active time

Once you get used to regular physical activity, try to increase your weekly active time. The more time you spend being physically active, the more health benefits you will receive.

9 increase your effort

Add more intense activities once you have been moderately active for a while. You can do this by turning a brisk walk into a jog, swimming or biking faster, playing soccer, and participating in aerobic dance.



10 have fun!

Physical activity shouldn't be a chore. It can help you feel better about yourself and the way you live your life. Choose activities that you enjoy and that fit your lifestyle.

^{*}Find the SuperTracker at <https://www.supertracker.usda.gov>.



United States
Department of
Agriculture

Go to www.ChooseMyPlate.gov
for more information.

DG TipSheet No. 30
April 2013
Center for Nutrition Policy and Promotion
USDA is an equal opportunity provider and employer.