

Get Moving!

Physical activity benefits your health. Being physically active doesn't have to mean going to a gym or doing activities you don't like. It simply means moving your body.

Being physically active:

- Improves self-esteem, well-being, mood and sleep.
- Helps build and maintain bones, muscles and joints.
- Builds muscle strength.
- Improves flexibility and posture.
- Helps manage weight.
- Lowers risk of heart disease, colon cancer and type 2 diabetes.
- Helps control blood pressure.

Stay safe. Moderate-intensity exercise is safe for most people. However, it's still important to follow these safety guidelines:

- Spend 3-5 minutes doing gentle movement such as easy walking to get your body warm before being active.
- Start at a pace that feels comfortable to you. Increase time and intensity slowly. Too much exercise too quickly can lead to injury.
- Drink water before, during, and after being active.
- Do strength exercises in front of a mirror to make sure you are doing them correctly.
- If you have pain in your chest, neck, jaw, between your shoulder blades, or down your arm, stop immediately and call 911.

Kids need activity too! Children and teenagers should get at least 60 minutes of active play every day. Screen time should be limited for all, but there are specific recommendations for children up to age 5.

Screen time recommendations for children:

Under 18 months	None – except for live video chat
18 months – 2 years	Limited, with only high-quality educational material with caregiver co-viewing
2 years – 5 years	No more than 1 hour of high-quality content a day
For older children	Set reasonable limits to screen time. Encourage unplugged, unstructured playtime; and keep screens out of the bedroom.

How much activity do I need?

There are several different types of physical activity. They are all important for different reasons. Some activity is better than none. The more you do, the better you'll feel.



AEROBIC ACTIVITIES

Improve heart and lung fitness.

2 hours and 30 minutes (150 minutes) of moderate-intensity aerobic* activity every week

OR 1 hour and 15 minutes (75 minutes) of vigorous-intensity aerobic** activity every week

OR A combination of moderate- and vigorous-intensity activity

WHAT YOU CAN DO:

Brisk walking
Jogging
Swimming
Biking

***Moderate-intensity activity:** Your heart rate and breathing are faster, but you can still have a conversation.

****Vigorous-intensity activity:** Breathing and heart rate are much faster. Talking in full sentences is difficult.



STRENGTH ACTIVITIES

Build and maintain bones and muscles.

At least two or three sessions each week

Include all major muscle groups. Perform 1 to 3 sets* per session with 8 to 12 repetitions** per set.

Include a rest day in between sessions

WHAT YOU CAN DO:

Lifting weights
Using resistance bands

***Set:** a group of repetitions

****Repetition:** one complete movement of the activity



FLEXIBILITY ACTIVITIES

Improve balance and mobility to reduce risk of injuries.

At least two or three sessions each week

Perform flexibility activities for at least 5-10 minutes each session.

Hold each stretch 15-60 seconds

WHAT YOU CAN DO:

Stretching
Yoga
Martial arts



LIFESTYLE ACTIVITIES

Improve mobility and maintain a healthy body.

Pick an activity you like and that fits your lifestyle

Make sure to do at least one lifestyle activity a day to keep your body moving

WHAT YOU CAN DO:

Gardening
Playing with kids
Yard work
Household chores
Climbing stairs

Funded in part by the USDA SNAP. For more information, call MU Extension's Show Me Nutrition line at 1-888-515-0016. Need help stretching your food dollars? Contact your local resource center or go online to mydss.mo.gov/food-assistance