



Tips for Staying Active



Staying active is an important part of improving your overall health and can help reduce the risk of chronic conditions like heart disease, type 2 diabetes, obesity, and some cancers. If you already have one or more of these conditions, staying active can help you manage them. Other benefits of staying active include better sleep and improved mental health. Remember to talk to your healthcare provider before beginning a new fitness plan.¹



How much activity do you need?²

- Children 3 to 5 years old need physical activity *throughout* each day for growth and development.
- Children and teenagers 6 to 17 years old need at least *1 hour* of moderate-to-vigorous physical activity every day.
- Adults need *150 minutes a week* (20-25 minutes of activity every day) of moderate intensity activity for health benefits.
- No matter your age, some physical activity is always better than none!

When and Where?

- Try to move throughout your day. Take walks at work or do things you enjoy, such as biking, dancing, gardening, or other activities.
- Look for opportunities to increase active time, like taking the stairs instead of the elevator, parking a little farther away, walking to the store, or doing jumping jacks during TV commercials.



Alone or Together?

- Choose whatever works for you! You may enjoy exercising with your family or friends for motivation and encouragement. Exercising by yourself may give you an opportunity to clear your head or get some alone time.



Make It Count

- Include an aerobic activity like walking, jogging or biking to get your heart rate up.
- Try resistance training like push-ups to firm, strengthen and tone your muscles.
- Try flexibility exercises like yoga to stretch and lengthen your muscles.



Stick With It

- If you get bored with a certain activity or exercise, find something else you like. Set goals and set aside specific times to make physical activity part of your daily or weekly routine.
- If you're not already physically active, try starting slowly. The more regular physical activity you do, the quicker it will become a habit.

Visit [Bridgetohealth.com](https://www.bridgetohealth.com) to find out more and connect to local programs and services



Bridge to Health is a community partnership program brought to you by Quest Diagnostics.

QUEST for
**HEALTH
EQUITY**

¹ Physical Activity Basics. Centers for Disease Control and Prevention website. Reviewed May 8, 2021. Accessed on July 12, 2021. <https://www.cdc.gov/physicalactivity/basics/index.html>.

² How to Be Physically Active While Social Distancing Centers for Disease Control and Prevention website. Reviewed May 25, 2021. Accessed on July 12, 2021. <https://www.cdc.gov/physicalactivity/how-to-be-physically-active-while-social-distancing.html>.