



Just 30  
minutes a day  
can change  
your life.

The Physical Activity Guidelines for Americans recommends two hours and 30 minutes of moderate aerobic activity each week.

How do you know if your activity is moderate? Moderate activity feels somewhat hard. When your exercise intensity is at a moderate level you:

- Are breathing quickly, but are not out of breath
- Develop a light sweat after about 10 minutes of activity
- Can carry on a conversation, but you can't sing

By getting active, you will:

- Sleep better
- Strengthen your bones
- Lower your risk of depression

➤ **May**

**Get active**

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♥ *get your health on*

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