



## > Being active

May

### Keep active and enjoy better all-around health

Regular physical activity – anything that gets your body moving – is good for your health.

Start at a comfortable level. Once you get the hang of it, add a little more activity each time you exercise. Then try doing it more often.

What kinds of activity should I do?

To get the health benefits of physical activity, do a combination of aerobic and muscle-strengthening activities.

#### What are the benefits of physical activity?

Physical activity increases your chances of living longer. Exercise can also help:

- > Control your blood pressure, blood sugar and weight
- > Raise your “good” cholesterol
- > Prevent heart disease, colorectal cancer and type 2 diabetes

And that’s not all. Being more active can:

- > Be fun
- > Help you look your best
- > Improve your sleep
- > Make your bones, muscles and joints stronger
- > Lower your chances of becoming depressed
- > Reduce falls and arthritis pain
- > Help you feel better about yourself

### Promote physical activity to help your child maintain a healthy weight

Help your child – and your whole family – eat healthy and stay physically active. The healthy habits your child learns now can last a lifetime.

#### What can I do to help my child stay at a healthy weight?

Help your child stay at a healthy weight by balancing what your child eats with physical activity. Two of the best ways to prevent your child from becoming overweight or obese are to eat healthier foods and become more active as a family.

Parents are often the most important role models for children. When you eat right and are physically active, your child will be more likely to make these choices, too. Plus, getting active and eating healthy as a family will help you spend more quality time together.

Source: [Healthfinder.gov](http://Healthfinder.gov)

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\*Health coaching programs may not be included in all benefit plans