The benefits of exercise are too numerous to ignore! From better overall health, to combating depression, to preventative care; exercise is one of the best medicines for your body and mind. If an hour of exercise seems like too much, you do not have to do it all at once. Break it down into 10 - 15 minute increments of exercise a few times a day. Here's to your health!

**RECOMMENDED AMOUNT OF PHYSICAL ACTIVITY**

**ADULTS:**

- **30 MINS**
- **5 DAYS A WEEK**

**CHILDREN:**

- **60 MINS**
- **7 DAYS A WEEK**

**RECOMMENDED AMOUNT OF MUSCLE TRAINING**

**ADULTS:**

- **≥ 2 DAYS A WEEK**

**CHILDREN:**

- **≥ 3 DAYS A WEEK**

**WHY YOU SHOULD STAY ACTIVE REGULARLY**

1. HELPS YOU LIVE LONGER

2. IMPROVES MENTAL HEALTH

3. HELPS STRENGTHEN BONES MUSCLES

4. HELPS CONTROL YOUR WEIGHT WHEN COMBINED WITH A LOWER CALORIE DIET

**WAYS TO INCLUDE PHYSICAL ACTIVITY INTO YOUR DAY**

- BIKE TO SCHOOL OR WORK
- CHOOSE THE STAIRS OVER THE ELEVATOR
- JUMPING JACKS BETWEEN BREAKS
- WALK AFTER A MEAL