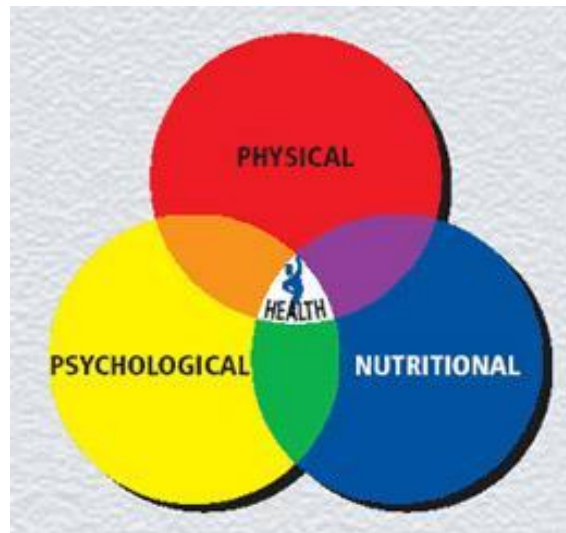


Move in May!
Help us celebrate Global Health and Physical Fitness Month

Today, with an astounding number of reports about **increasing obesity rates, diseases and conditions related to being overweight** and out-of-shape, it is impossible to ignore the importance of fitness and well-being in our lives. Physical activity is **key** to maintaining health and well-being. Getting active can improve fitness and reduce stress, reduce risk for chronic disease, and ease symptoms of anxiety and depression.



There are seven key components associated with the physical and mental aspects of health, fitness, and mental well-being. Each contributes to overall health and fitness in its own way. To achieve total physical health and fitness, you must be aware of and work at achieving each of the seven key components. **The seven key physical components to overall good health, fitness and mental well-being are:**

1. Cardiovascular/Aerobic Conditioning
2. Strength Training and Muscular Development
3. Stretching - Muscles, Ligaments and Tendons
4. Core Stability
5. Nutrition and Supplementation
6. Mental Rest and Relaxation
7. Sleep

Adult Physical Activity Needs:

MOVE YOUR WAY

Adults need a mix of physical activity to stay healthy.

Moderate-intensity aerobic activity*
Anything that gets your heart beating faster counts.

at least **150** minutes a week

AND

Muscle-strengthening activity
Do activities that make your muscles work harder than usual.

at least **2** days a week

If you prefer vigorous-intensity aerobic activity (like running), aim for at least **75 minutes a week**.
If that's more than you can do right now, **do what you can**. Even 5 minutes of physical activity has real health benefits.

Walk. Run. Dance. Play. **What's your move?**

DEPARTMENT OF HEALTH & HUMAN SERVICES TEXAS

Children Physical Activity Needs:



How much physical activity do kids and teens need?

At least 60 minutes every day.

Most of that time can be **moderate-intensity aerobic activity** — anything that gets their heart beating faster counts.



And at least 3 days a week, encourage them to step it up to **vigorous-intensity aerobic activity**, so they're breathing fast and their heart is pounding.



As part of their daily 60 minutes, kids and teens also need:

Muscle-strengthening activity

at least 3 days a week



Anything that makes their muscles work harder counts — like climbing or swinging on the monkey bars.

Bone-strengthening activity

at least 3 days a week



Bones need pressure to get stronger. Running, jumping, and other weight-bearing activities all count.



Walk. Run. Dance. Play. **What's your move?**

