

# EXERCISE *for* LIFE

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. Also, you don't have to exercise all at once. If an hour of exercise seems like too much, just break it down into 10 minute increments a few times a day. Here's to your health!



ADULTS: **30 MINS**  
5 DAYS A WEEK



CHILDREN: **60 MINS**  
7 DAYS A WEEK



RECOMMENDED  
AMOUNT OF  
PHYSICAL  
ACTIVITY A DAY

ADULTS: **≥2 DAYS A WEEK**

CHILDREN: **≥3 DAYS A WEEK**

MUSCLE TRAINING

**HELPS**  
#1. YOU **LIVE LONGER**

#2. HELPS  
STRENGTHEN  
BONES &  
MUSCLES

WHY YOU SHOULD STAY ACTIVE REGULARLY

#3. IMPROVES  
MENTAL  
HEALTH

HELPS CONTROL  
YOUR **WEIGHT**  
WHEN COMBINED WITH A REDUCED  
**CALORIE DIET**

#4.



WAYS TO  
INCLUDE  
PHYSICAL  
ACTIVITY  
INTO YOUR  
DAY



BIKE TO  
SCHOOL  
OR WORK



CHOOSE  
THE STAIRS  
OVER THE  
ELEVATOR



JUMPING  
JACKS  
BETWEEN  
COMMERCIALS



WALK  
AFTER A  
MEAL



PennState  
PRO Wellness



PennState Health  
Children's Hospital

\* <http://www.letsmove.gov>  
\*\* <http://www.hsph.harvard.edu/nutritionsource/staying-active-full-story/>  
\*\*\* <http://www.cdc.gov/physicalactivity/everyone/health/>  
\*\*\*\* <http://www.hsph.harvard.edu/nutritionsource/staying-active-full-story/>