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

RECOMMENDED AMOUNT OF PHYSICAL ACTIVITY A DAY

CHILDREN: 60 MINS 7 DAYS A WEEK

ADULTS: ≥2 DAYS A WEEK

MUSCLE TRAINING

CHILDREN: ≥3 DAYS A WEEK

HELPS

#1. YOU LIVE LONGER

WHY YOU SHOULD STAY ACTIVE REGULARLY

#2. HELPS STRENGTHEN BONES & MUSCLES

HELPS CONTROL YOUR WEIGHT WHEN COMBINED WITH A REDUCED CALORIE DIET

#3. IMPROVES MENTAL HEALTH

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