

MAY IS... **NATIONAL PHYSICAL ACTIVITY AND SPORTS MONTH**

The Impact of Physical Activity on your Health

- Prevent chronic diseases such as heart disease, cancer, and stroke
- Control weight
- Make your muscles stronger
- Reduce fat
- Promote strong bone, muscle, and joint development
- Condition heart and lungs
- Build overall strength and endurance
- Improve sleep
- Decrease potential of becoming depressed
- Increase your energy and self-esteem
- Relieve stress

GET ACTIVE!

30 MINUTES A DAY FOR
ADULTS

60 MINUTES A DAY FOR
CHILDREN

Huron County



Public Health

WHEN YOU ARE NOT PHYSICALLY ACTIVE, YOU ARE MORE AT RISK FOR

- HIGH BLOOD PRESSURE
- HIGH BLOOD CHOLESTEROL
- STROKE
- TYPE 2 DIABETES
- HEART DISEASE
- CANCER

Add Extra Steps to Your Day

- Walk the dog with the whole family
- Instead of calling friends, take a walk together to catch up
- Park your car as far away as possible so you have to walk a longer distance from your destination
- Replace a coffee break with an outdoor walk or take the coffee with you on your walk
- Choose the stairs instead of the elevator or escalator

