



Be Physically Active

Healthy Living Message



What's Important to Know?

To feel better and improve your health, you can:

- Avoid inactivity
- Move more
- Sit less

Being active can lower the risk of:

- Depression
- Type 2 diabetes
- Heart disease
- High blood pressure
- Obesity
- Stroke
- 8 types of cancer

Being active may:

- Reduce the risk of weight gain, dementia, and falls
- Improve bone health and endurance
- Help you feel more energetic

Anything that gets the body moving counts as physical activity. It can be moderate intensity, when you can talk while being active, or it can be vigorous intensity, when you can only say a few words without taking a breath. Choose activities that you enjoy. Start at a comfortable level and gradually increase the intensity.

Any amount of activity is better than none. Aim for at least 2½ hours of moderate-intensity or 1¼ hours of vigorous-intensity aerobic activity each week, or a combination of both.

Do strength activities at least twice each week using muscles from all parts of your body—the legs, hips,

back, chest, abdomen, shoulders, and arms. Stretching regularly can improve flexibility, joint motion, circulation, and help relieve stress.

Being active is safe for almost everyone, and its health benefits far outweigh the risks. If you have symptoms such as chest pain or pressure, dizziness, or joint pain, or are concerned about a chronic condition, talk to your health care team before increasing activity.

Want to Know More?

To learn more about being active, or making a healthy living change, talk with your VA health care team.

You can find additional information and resources at VA's Prevention website using the QR code above or the link below:

https://www.prevention.va.gov/Healthy_Living/Be_Physically_Active.asp

