Being physically active is an important step that you can take to improve your health. Some physical activity is better than none, and any amount of physical activity can improve health-related fitness. For important health benefits, aim for at least 2 1/2 hours (150 minutes) of moderate-intensity aerobic activity, or 75 minutes of vigorous-intensity activity, or a combination of both each week. Every 10-minute session counts. Do strengthening activities at least 2 days each week and don’t forget to stretch!

- Be Physically Active: A Healthy Living Message [https://www.prevention.va.gov/Healthy_Living/Be_Physically_Active.asp](https://www.prevention.va.gov/Healthy_Living/Be_Physically_Active.asp)
- Get Fit For Life Videos on VA Pulse [https://www.vapulse.net/docs/DOC-70388](https://www.vapulse.net/docs/DOC-70388)
- Walking or Wheeling Video [https://www.media.eo.va.gov/move/mp4/SMG03_C01.mp4](https://www.media.eo.va.gov/move/mp4/SMG03_C01.mp4)

Be Physically Active White Board Video [https://www.youtube.com/watch?v=9moJtr9PAso](https://www.youtube.com/watch?v=9moJtr9PAso)


The VHL offers Veteran-focused, “plain language” health information that’s consistent with VA clinical practice. 24/7 Internet access to engaging information, resources and tools is available for Veterans, their families and caregivers. No matter where Veterans receive care, the VHL can help them understand and manage health problems, make informed health decisions, and actively partner with their health care teams. Items within the VHL related to Physical Activity:

- The Rewards of Physical Activity
- Physical Activity: Why Fitness Matters
- Exercise for Mental Health
- Physical Activity: Warm up, Cool Down, Stretch, and Strengthen
Physical Activity and Healthy Eating

VA Pulse Page
This VA workgroup focuses on programs and tools to provide physical activity and healthy eating information, programming and opportunities for Veterans.
https://www.vapulse.net/groups/physical-activity-and-healthy-eating

Federal Government Resources
(you are leaving the Department of Veterans Affairs website.)

US Department of Health and Human Services

2008 Physical Activity Guidelines for Americans
The Physical Activity Guidelines is an essential resource for health professionals and policymakers. The current edition includes recommendations for Americans ages 6 years and over — including those at increased risk of chronic disease — and provides science-based advice on how physical activity can help promote health and reduce the risk of chronic disease. www.health.gov/paguidelines

President's Council on Fitness, Sports and Nutrition

PCFSN engages, educates, and empowers all Americans to adopt a healthy lifestyle that includes regular physical activity and good nutrition. Since 1956, the Council has created and promoted programs and initiatives that motivate people of all ages, backgrounds, and abilities to be active and eat healthy.
https://www.hhs.gov/fitness/index-b.html

Physical activity is an essential component of a healthy lifestyle. Getting active is easier than you may think. Find ways to add in or mix up daily activity and discover a healthier you.
https://www.hhs.gov/fitness/be-active/index.html

The Presidential Active Lifestyle Award (PALA)
The latest PALA+ update, released in March 2017, includes healthy eating goals that reflect new guidance from the 2015-2020 Dietary Guidelines for Americans. The program completion requirements have also been updated to allow users to make incremental progress at their own pace towards healthy eating goals that they select and the physical activity goals based on their age.
https://www.fitness.gov/participate-in-programs/pala/

National Institute on Aging (NIA)

Go4Life, an exercise and physical activity campaign from the National Institute on Aging at NIH, is designed to help you fit exercise and physical activity into your daily life.
https://go4life.nia.nih.gov/get-started

For free publications and other resources available from NIA visit:
https://go4life.nia.nih.gov/free

Centers for Disease Control and Prevention

Physical Activity for Everyone
This site provides an overview of the importance of physical activity and resources to encourage physical activity. It features a section on measuring physical activity intensity which includes the Talk Test, target heart rate, and estimated maximum heart rate tests, a perceived exertion test, a metabolic equivalent level test, and lists of sample

www.prevention.va.gov
activities by intensity level. It also provides recommendations for physical activity, strength training for older adults, and links to additional resources.

http://www.cdc.gov/physicalactivity/everyone/guidelines/index.html

Your Guide to Physical Activity and Your Heart

This guide presents comprehensive and easy-to-understand information on the impact of physical activity on your heart as well as the power of physical activity to keep you healthy overall. The guide also addresses other benefits of regular physical activity like burning extra calories, building stamina, improving balance, strengthening your lungs, and boosting the way you feel. It includes sample walking and jogging programs, instructions for finding your target heart rate zone, ideas for making fitness a family affair, and an overview of the best physical activities for a healthy heart.


Recreation.gov

An easy-to-use website with information about all federal recreation areas. You can search for recreation areas by state, recreational activity, agency, or map.

http://www.recreation.gov

Everybody Walk! The Movement to Get America Walking

This collaborative brings together businesses, federal agencies, and professional groups to implement ways to encourage walking. This website lists an array of ways to make walking a part of your day at home, work, school, and through everyday living. Take the pledge today, and start walking more!

http://everybodywalk.org/