

BE PHYSICALLY ACTIVE YOUR WAY!

PHYSICAL ACTIVITY SIMPLY IS THE MOVEMENT OF YOUR BODY TO USE ENERGY.

Being physically active is an important part of a healthy lifestyle to help burn the energy (calories) we get from the foods we eat.

The more physical activity you do, the healthier you will be and feel.



HOW MUCH DO I NEED?

Young children (2-5)
Play actively each day

Children and teens
60 minutes each day

Adults
2 1/2 hours each week



WHY IS PHYSICAL ACTIVITY NEEDED?

Physical activity is important for both immediate and long-term health benefits. Being physically active can help you:

- Increase your chances of living longer
- Feel better about yourself
- Sleep better at night
- Strengthen your muscles and bones
- Maintain or achieve a healthy weight
- Meet new people or spend time with friends
- Have more fun!



BODY ADVENTURE!

the
Chickasaw Nation

ACTIVATE YOUR DAY

Choose activities that you enjoy and fit your lifestyle. For health benefits, **physical activities should be moderate or vigorous intensity**. To tell the difference between moderate and vigorous; moderate activities allow you to talk while doing them, while vigorous activities only allow you to say a few words without stopping to catch your breath.

Physical activity shouldn't be a chore.

Have fun! Discover activities that you enjoy and get moving!

Activity Intensity	
Moderate Activities	Vigorous Activities
Walking Briskly (3.5 mph)	Walking Very Fast (4.5 mph)
Bicycling (less than 10 mph)	Bicycling (more than 10 mph)
Gardening, like raking or trimming shrubs	Heavy yard work, like chopping wood
Water Aerobics	Swimming laps
Tennis (doubles)	Tennis (singles)
Golf (walking and carrying clubs)	Running or jogging (5 mph)
Canoeing	Basketball

TYPES OF PHYSICAL ACTIVITY



AEROBIC activities like running, cycling, swimming or playing basketball cause your heart to beat faster than usual and strengthens your heart, lungs and blood vessels.



BONE STRENGTHENING activities like running and jumping help strengthen and grow bones through the force of impact.



BALANCE AND STRETCHING activities like yoga, dance and martial arts aid in physical stability and flexibility.



MUSCLE STRENGTHENING activities like pushups and lifting weights make your muscles stronger.