

RECOMMENDATIONS FOR PHYSICAL ACTIVITY

According to the World Health Organization (WHO), the best way to reduce your family’s chance of developing noncommunicable diseases (NCDs) is to reduce the major risk factors.¹ One of those major risk factors is lack of physical activity.

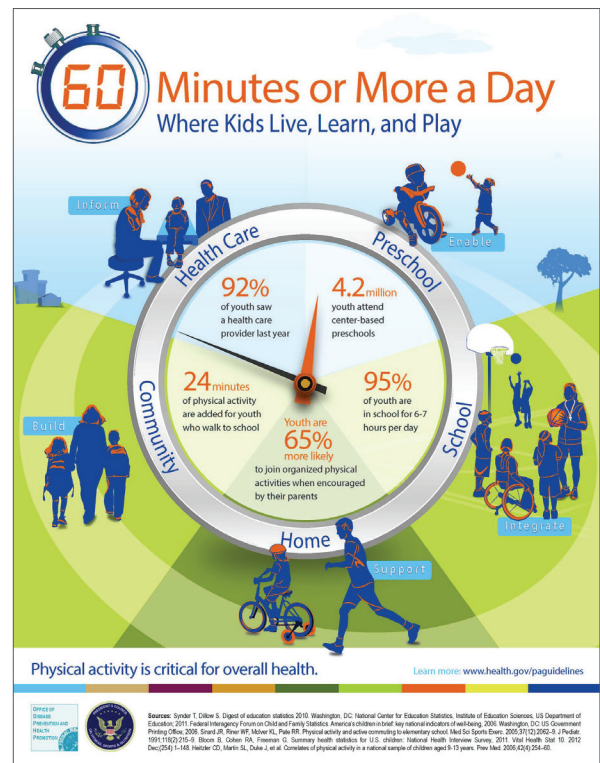
The US Department of Health and Human Services reports regular physical activity can help reduce the risk of developing NCDs. They recommend 60 minutes (or more!) of moderate to vigorous activity each day.²

- **Moderate:** Moderate exercise raises your heart rate and gets your blood moving throughout your body. It can help your mood, increase your energy levels, and lower your blood pressure.
- **Vigorous:** Vigorous exercise raises your heart rate to a level that is most beneficial for your body. It reduces your risk for heart disease. It can help your mood, increase your energy levels, and lower your blood pressure.

The following checklist can help your family incorporate physical activity into your daily lives. Talk about it with your family and mark your favorites. Feel free to add to the list!

- Take a long walk
- Have a family dance party to your favorite music
- Go for a bicycle ride
- Do jumping jacks during the commercial break of your favorite TV show
- Play a game of soccer as a family
- Swim laps
- Train for and run a race like a virtual/in-person 5k

A noncommunicable disease (NCD) is any disease that is not contagious and cannot be spread to others, like the flu.



¹ <https://www.who.int/activities/preventing-noncommunicable-diseases>

² https://health.gov/paguidelines/second-edition/pdf/Physical_Activity_Guidelines_2nd_edition.pdf