



STATE OF ALABAMA DEPARTMENT OF  
**PUBLIC HEALTH**

**Physical Activity (60)**

Physical activity, along with a healthy diet, can have long-term health benefits including helping manage your weight and reducing your risk for developing chronic diseases such as heart disease and diabetes. Being physically active is also a great way to manage stress.

Adults should be physically active for at least one hundred and fifty minutes per week, or for at least 30 minutes per day. Can't make it to the gym? No problem! Physical activity includes anything that gets your body moving and your heart pumping!

Walking the dog, washing the car, vacuuming the house, and taking the stairs are all great ways to sneak some physical activity into your day, no treadmill required! And, you don't have to get all 30 minutes at once! Feel free to break it up into 10 minute increments if needed.

So, sneak in a walk by parking a little further from your destination the next time you're out, and then pat yourself on the back for taking the first step to a healthier you!

Learn more about the benefits of exercise and get tips to get moving on our website at [Alabama-public-health-dot-gov-slash-N-P-A](http://Alabama-public-health-dot-gov-slash-N-P-A). Again, that website is [Alabama-public-health-dot-gov-slash-N-P-A](http://Alabama-public-health-dot-gov-slash-N-P-A)

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