

TO STAY HEALTHY YOU SHOULD  
**MOVE MORE!**



**TRAIN BETTER. LIVE BETTER.**

Wellness Wednesday

# SOME BENEFITS OF PHYSICAL ACTIVITY

- Strengthens your muscles and bones
  - Reduces your risk of heart disease, Type 2 Diabetes, some types of cancer
  - Reduces stress and anxiety
  - Increases your chance of living longer
  - Improves memory, concentration, mental sharpness, energy levels, self-esteem, mental health and mood
- ADULTS:** At least 150 minutes a week of moderate-intensity aerobic activity (something that gets your heart beating faster) plus muscle-strengthening activity at least two days each week
- KIDS:** At least 60 minutes a week of moderate intensity aerobic activity each day plus muscle and bone-strengthening activities at least three days each week

This message is brought to you by Live Better and our partner Allgood.



*Live Better is an Archbold Medical Center-led collaborative of key community leaders and partners focused on improving the overall health of citizens in Thomas County with a specific focus on reducing obesity.*