

BENEFITS OF AEROBIC ACTIVITY

Only **1 in 5** adults and teens get enough exercise to maintain good health and well-being. Try these tips to get started today!



What is Aerobic Activity?

Aerobic exercises **boost your heart rate**, improving your cardiovascular health. You can...

- Go for a brisk walk
- Try dancing

It is recommended that you get at least **150 minutes** of moderate aerobic activity **each week**

What are the Benefits?

With a **consistent routine** of aerobic exercise, you can...

- Lower your risk of heart disease, type 2 diabetes and high blood pressure
- Boost bone health and balance, reducing your risk of injury from falls
- Improve your cognition, memory and mental health



How to Get Started

Don't worry if you can't start with 150 minutes per week!

- **Start small** by walking for few minutes each day
- **Listen to your body** to find exercises that work for you
- **Talk to your doctor** if you have a chronic condition or disability to learn more about the types of activities that are right for your body

