

HEALTHY FUTURE

You can build one!

Get Active!

According to the Physical Activity Guidelines for Americans, “Being physically active is one of the most important steps that Americans of all ages can take to improve their health.”

Most adults need at least 2 hours and 30 minutes of moderate intensity exercise per week or at least 1 hour and 15 minutes of vigorous intensity aerobic physical activity per week. Some combination of the 2 approaches would also work well.

Avoid being sedentary.

The guidelines assert, “Regular physical activity reduces the risk of many adverse health outcomes. Some physical activity is better than none [... and the] benefits of physical activity far outweigh the possibility of adverse outcomes.”

Healthful Eating Pattern:

Skip the diet and focus on exploring a balanced eating pattern instead. Not sure where to start? Try these great options...

- **MyPlate** lays out a straightforward guide to healthful meals — simply make your plate look like MyPlate! Fill half of it with fruits and vegetables, then add some whole grains, lean protein, and low-fat dairy.
- **The Dietary Guidelines for Americans** offer research-based eating advice that lends itself well to building a healthful eating style.
- The **DASH** diet is an eating pattern that is recommended for good health. DASH is short for dietary approaches to stop hypertension, and it's great for your heart.

