

# ChooseMyPlate – Physical Activity

## What is Physical Activity?

Physical activity simply means movement of the body that uses energy. Walking, gardening, briskly pushing a baby stroller, climbing the stairs, playing soccer, or dancing the night away are all good examples of being active. For health benefits, physical activity should be moderate or vigorous intensity.

List a few of your favorite physical activities.

Moderate physical activities	Vigorous physical activities
1.	1.
2.	2.
3.	3.
4.	4.

## Why is Physical Activity Important?

Regular physical activity can produce long term health benefits. People of all ages, shapes, sizes and abilities can benefit from being physically active. The more physical activity you do, the greater the health benefits.

Being physically active can help you:	When you are <i>not</i> physically active, you are more likely to:

### How Much is Needed?

Physical activity is important for everyone, but how much you need depends on your age.

<b>ADULTS</b> (18 to 64 years)	<b>CHILDREN AND ADOLESCENTS</b> (6-17 years)	<b>YOUNG CHILDREN</b> (2-5 years)

### Tips for Increasing Physical Activity

Make physical activity a regular part of the day

More ways to increase physical activity: (list activities you would like to do)

<b>At work</b>	<b>At home</b>	<b>At play</b>