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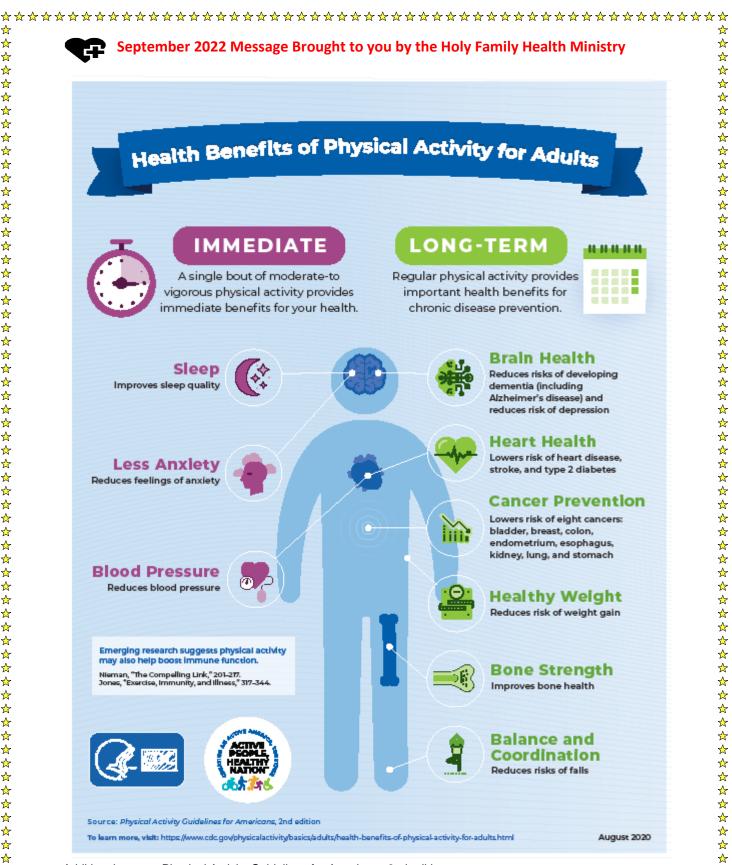
Health Benefits of Physical Activity



- Adults should move more and sit less throughout the day.
- Some physical activity is better than none.
- Adults who sit less and do any amount of moderate-to-vigorous physical activity gain some health benefits.
- Adults should do at least 2 hours and 30 minutes a week of moderate-intensity, or 1 hour and 15 minutes a week of vigorousintensity aerobic physical activity.
- Older adults should determine their level of effort for physical activity relative to their level of fitness.
- Older adults with chronic conditions should understand whether and how their conditions affect their ability to do regular physical activity safely.



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Additional source: Physical Activity Guidelines for Americans 2nd edition

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☆ ☆ "But they who wait for the Lord shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint". Isaiah 40:31 ☆

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