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## Get Go Being Active Healthy

**top ten reasons to exercise and be physically active** - top ten reasons to exercise and be physically active 1. feel more energized 2. burn more calories at rest 3. improve overall appearance ... the blood vessels that go to your muscles dilate, causing an increase in blood flow and oxygen to the working muscles. ... thus, compared to being in a resting state, you will burn more calories per minute ... **being active for a better life - exercise is medicine** - inactive people who start moving get the biggest bang for their buck. experts now say that any physical activity counts - even just a few minutes! fit in 2, 5, 10 or 20 minutes throughout your day. ... ° gradually increase your pace and time spent being active. start low and go slow! ° start with light to medium effort. ° warm up and cool ... **barriers to being active quiz - centers for disease ...** - barriers to being active quiz what keeps you from being more active? directions: listed below are reasons that people give to describe why they do not get as much physical activity as they think they should. please read each statement and indicate how likely you are to say each of the following statements: how likely are you to say? very likely **fit kids are physically active and play for at least 1 ...** - 10 tips for being active every day look for ways to make physical activity a part of your day. do activities that build your muscles, get your heart pumping, and make you feel good about yourself. **be active your way - health** - want to get physically active but not sure where to begin? ... of being active. hear how others are taking small steps toward better health. read part 2 if ... go longer —walk for 50 minutes, 3 times a week. 2. you can do more, by being active . more often. **2. take care of yourself: eat right, exercise, 3. take ...** - take care of yourself: eat right, exercise, quit smoking, and avoid stress. 3. take good care of your skin. ... • being in crowded places where germs are easily spread, such as hospitals, ... even if active infections go away, you can still have mrsa bacteria on your skin and **tips to help you get active - national institute of ...** - tips to help you get active start slow and add a little at a time. if you are not active now, the idea of doing 30 to 60 minutes of activity each day may seem like too much at first. start by being active 10 minutes on 5 days each week. every few weeks, add 5 to 10 minutes until you are getting at least 30 minutes of activity most days. **why should i be physically active? - heart** - active. but healthcare providers can provide advice on the types of activities best for you and ways to progress at a safe and steady pace. then try one or ... heart association recommends that adults get at least 150 minutes of moderate-intensity physical activity each week. people who don't get enough physical activity are

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