

live
well.

March 2016



Get Active, Wherever You Are

Moving more and sitting less can reduce your risk for many serious conditions including heart disease, diabetes, osteoporosis, and certain kinds of cancer. Some studies suggest physical activity can have mental benefits as well.

Even though many of us know physical activity is a good thing, most adults nationwide don't meet even the minimum recommended amounts of physical activity, which is at least 30 minutes of brisk walking or other moderate activity, five days a week.

Why aren't we more active? "Lack of time is a common reason for not exercising," says Dr. Mary Evans, an NIH expert on physical activity and nutrition.

NIH-funded research has found your environment—where you live, work, or go to school—can have a big impact on how much you move and even how much you weigh.

So take a look around your neighborhood, your workplace, or your school. Can you think of changes which might make the surroundings more inviting for walking or exercise? Even though your environment can affect how active you are, you can still look for new ways to use the world around you to add some movement to your day.



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