What **Staying Active** Does for Your Health

Think about your typical day. **How active are you?**

For many people, a typical day means sitting in the car or on a bus or train on the way to work. That may be followed by 8 or more hours of sitting at a desk. Then, sitting again for the ride back home. And finally, hitting the couch for an evening of TV or social media.

An active day, on the other hand, looks very different. It might include biking to work. You'd take several breaks during the workday to stretch, walk, or take the stairs. Then there would be the bike ride back home, followed by some chores around the house or yard—maybe even a trip to the gym or a brisk walk.

Which day sounds more familiar to you?

Which lifestyle would you rather have?

Hopefully, you'd choose the more active one. An active life can enhance and protect your health and well-being in countless ways.

Guidelines suggest getting at least 150 minutes of moderate intensity activity each week or 75 minutes of vigorous activity. You can reach these levels by blending active chores with regular workouts.

It may:

- **Increase your energy**
- **Help you control your weight**
- **Strengthen your heart, lungs, bones, and muscles**
- **Help you sleep and manage stress**
- **Lift your mood**
- **Sharpen focus, attention, and critical thinking**
- **Boost your overall quality of life**

An active life may also reduce your risk of certain health conditions, such as:

- **Obesity**
- **Heart disease**
- **Diabetes**
- **High blood pressure**
- **High cholesterol**
- **Breast and colon cancer**
- **Osteoporosis**
- **Depression**