



**HeartHealth**  
**activeplus**

**When you love physical activity, it loves you back:**

Helps you lose & maintain weight.

Reduces risks of cardiovascular disease, type 2 diabetes & some cancers.

Improves mental health & mood—reduces depression risk.

Boosts energy.

Improves sleep.

**How much physical activity is enough?**

Aim for at least 30 minutes every day. 15 minutes twice a day works too.

Mix moderate & vigorous activity into your day.

Work on muscle & bone strengthening at least 3 times a week.

Stretch daily to improve posture & balance, & relieve stress.



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