

# HeartHealth activeplus



## Exercise— more is better!



**Lose, maintain or even gain weight. Reduce your risk for cardiovascular disease, type 2 diabetes and some cancers.**

**150 minutes/week**  
moderate-intensity  
aerobic activity

- Improves your mental health and mood.
- Reduces your risk of depression.
- Helps you get better sleep.

**30–60 minutes, 3–5 times/week**  
aerobic activity  
& muscle strengthening

- Boosts your energy—you won't be as tired during your day.
- Increases your chances of living longer.

**7 hours/week**  
Studies show this amount may lower your risk of dying early by 40% compared to those who are active for less than 30 minutes a week.



05/04/17

