

Add Activity

There are lots of easy ways to add physical activity into your day, such as:

- Climb the stairs, skip the elevator.
- Take an after-dinner walk with family.
- Park your car at the end of the parking lot and walk a bit farther.
- Make an activity date with a friend. Instead of just meeting for lunch, play basketball, tennis, or hit a yoga class.
- Start your morning with a brisk walk or jog and you'll feel better all day!
- Make family time activity time.
- Turn your coffee break into a walking break. Even 10 minutes of activity can improve your mood and reduce stress.
- Take your dog for a longer walk.
- Don't just watch sports, play them!
- Like to watch TV? Then multi-task and put an exercise machine in front of your TV, or do muscle-strengthening activities.
- Try a new workout video.
- Put some elbow grease into yard work.

**PHYSICAL ACTIVITY
SHOULD NOT BE A CHORE.**

The more physical activity that you do, the greater the health benefits, and the better you'll feel.



For more information, visit our website:

www.letsogulfcoast.org

Don't forget to follow us on social media for daily tips, community events, healthy recipes and so much more!



Let's Go Gulf Coast



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Let's Go! Gulf Coast

Let's Go! Gulf Coast is a Program of the MS Gulf Coast Youth Health Coalition, a Fund of the Gulf Coast Community Foundation



**Get 1 Hour or More
of Physical Activity
EVERY DAY!**





Types of Physical Activity

Aerobic

Activities like running, swimming, cycling, or playing basketball cause your heart to beat faster than usual and strengthens your heart, lungs, and blood vessels.

Muscle-Strengthening

Activities like push-ups and lifting weights make your muscles stronger.

Bone-Strengthening

Activities like running and jumping help strengthen and grow bones through the force of the impact.

Balance and Stretching

Activities like yoga, dance, and martial arts aid in physical stability and flexibility.

Exercise & Stress

If you are stressed out, you probably know it. But did you know that exercise is one of the best ways to deal with stress? Exercise helps your mind and body!

Tips to Try

- Make gradual changes to increase your level of physical activity.
- Incorporate physical activity into your daily routine.
- Try tracking the level of your physical activity using a pedometer – there are free apps you can download!
- Choose toys and games that promote physical activity.
- Keep physical activity fun!

Stress produces chemicals in your body that make you feel edgy and tense. Your heart beats faster. Your muscles tighten. You breathe harder, and your blood pressure goes up.

Exercise reduces stress-related chemicals in the body. It can reduce muscle tension and take your mind off problems.

For most of us, aerobic exercise is the best all-around stress reducer. To get the stress-reducing benefits, work out hard enough that you lightly sweat and your heart beats faster, but not so hard that you can't talk while you are exercising.

Why is Activity Needed?

Physical activity is important for both immediate and long-term health benefits.

Being physically active can help you:

- Meet new people or spend time with friends
- Increase your chances of living longer
- Maintain or achieve a healthy weight
- Strengthen your muscles and bones
- Feel better about yourself
- Sleep better at night
- Have more fun!

