Feel Great IU!
Physical Activity Guide

Did you know that physical activity:
• Benefits your BRAIN and your body
• Improves SLEEP
• Helps WEIGHT maintenance
• Manages STRESS
• Improves QUALITY of life
• Improves FOCUS

Physical activity reduces your chance of:
• Type II Diabetes
• Cardiovascular Disease
• Falls, Depression, Dementia
• Joint & Back Pain
• Cancer

HOW TO FEEL GREAT ALL OVER!

Research-based guidelines recommend doing strength, coordination & balance, and flexibility exercises 2-3 times per week. In addition, try to get 150 minutes of moderate-intensity cardio or 75 minutes of vigorous-intensity cardio (or a combination of both) each week. Some activity examples are below.

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Sit Less . . . Move More . . . Feel Great!

Do what you can! SOMETHING IS BETTER than nothing!