

The Importance of Staying Active

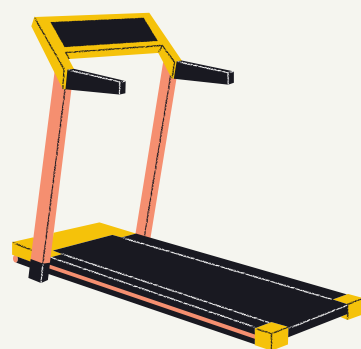


U.S. Adults who fulfill CDC's recommended amount of physical activity such as brisk walking, jogging, weight lifting, etc.



Physical activity improves brain health, strengthens muscles, and reduces the risk of disease.

Physical fitness does not necessarily mean hard-core work out. It can be anything from taking a five-minute walk down the street to jogging on the treadmill, doing yoga and even stretching. Avoid sitting in front of screens for long periods of time and get your blood pumping.



U.S. Millennials that own a gym membership as of the end of 2022, the most of any generation

60 minutes per day

The amount of time the WHO recommends children, adolescents and adults exercise per day

7.5 hours per day

Average time children spend in front of screen (phone, computer, TV, video games, etc.)

Lack of time

Leading reason why most Americans don't exercise. If you have enough time for your phone, you have enough time to go for a walk.

It's never too late to start exercising. Whether you're in your teens or your 70's, there are plenty of ways to work out and stay active. Start a routine and stick to it.

To learn more about the benefits of physical activity & staying active, visit www.cdc.gov/physicalactivity.

Sources:

<https://www.cdc.gov/physicalactivity/basics/pa-health/index.html>

<https://www.rxresource.org/fitness/exercise-and-fitness-facts-and-statistics.html>

