

***Help prevent
disease...***

**Take
two
of
these!**



**Adding more physical activity to your life is
a great way to feel better and be healthier!**

For healthy adults age 18 to 65, the American Heart Association recommends doing moderate intensity aerobic physical activity like brisk walking or swimming for at least 150 minutes per week. (Think: at least 30 minutes, five or six days a week). Once you reach this level, you may want to try slowly increasing your activity each week until you are doing 60 minutes, five or six days a week.

Which of the following benefits interest you? Most people start to notice healthy changes within just a few weeks of beginning to exercise regularly.

People with active lifestyles tend to:

- Have more energy and feel stronger
- Maintain a healthier weight
- Have lower anxiety and stress
- Lower their risk for type 2 diabetes
- Lower their blood pressure and risk for heart disease
- Reduce their risk for arthritis pain and disability
- Minimize bone loss and reduce their risk for osteoporosis
- Reduce their risk for colon and other cancers
- Think sharper and feel better emotionally
- Improve their flexibility
- Breathe easier and sleep better

UPMC HEALTH PLAN

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UPMC Health Plan members: Call Coach on Call™ to speak with a health coach about adding physical activity to your life. If you know or suspect you have any health condition, talk with your doctor before increasing your activity level. A Member Advocate will be happy to assist members with finding a doctor – call 1-888-876-2756.