

“Add 30 Minutes Every Day”

(Scene: Two women at a restaurant)

Woman 1: I want to make some healthy lifestyle changes this year. What should I do?

Woman 2: How about adding 30 minutes of physical activity to your schedule every day?

Woman 1: I don't have time for the gym.

Woman 2: Being active doesn't have to mean going to the gym. It can include daily activities like washing your car, doing sit-ups while watching TV, or walking the entire store when shopping.

Woman 1: I never thought of that.

Woman 2: You can even split the time. If you are active for at least 10 minutes, three times a day, it all adds up!

Woman 1: I can do that! I'm adding 30 minutes of activity every day!

Announcer:

- Being active for at least 30 minutes every day can improve your health and extend your life.
- Regular and moderate levels of physical activity help reduce your risk for heart disease, stroke, type 2 diabetes and some cancers.

Get active. Add 30 minutes every day.

For more information, visit EscambiaHealth.com.

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