

12 Steps to Better Health

Step 12: December

Resolve to Improve Your Life Expectancy

One hour of regular exercise can give you about two hours of additional life expectancy.



Activate your immune system



Improve bones and muscles

Reduce Your Risk of Premature Death

- People who are physically active for about 7 hours a week have a 40 percent lower risk of dying early than those who are active for less than 30 minutes a week.
- You don't have to do high amounts of activity or vigorous-intensity activity to reduce your risk of premature death. You can put yourself at lower risk of dying early by doing at least 150 minutes a week of moderate-intensity aerobic activity.

Be Physically Active for Better Health

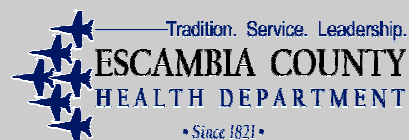
- Aerobic exercise and other moderate-intensity activities such as walking briskly, performing light yard work, actively playing with children, and biking at a casual pace, activates your immune system, making you less susceptible to illnesses like colds and the flu.
- Muscle strengthening exercises improve your bones and reduce your risk for osteoporosis.

For more information, visit:

www.cdc.gov/physicalactivity

www.cdc.gov/healthyweight/physical_activity/

www.mayoclinic.com/health/aerobic-exercise/EP00002



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