

I promise to EXERCISE MORE.

Finding time in our overscheduled lives for physical activity is a challenge for all busy Americans. But anyone who has successfully managed to do so will tell you how much more energy they have, and how they are actually able to do more than before they started getting regular exercise. So no more excuses! Make it your mission to fight heart disease by being active.


Name _____ Date _____

The Price of Inactivity



Obesity costs American companies
\$225.8 BILLION
per year


Average healthcare costs exceed
\$3,000
per person annually



Exercising 30 minutes a day reduces heart disease by **30% to 40%** and stroke by **25%**

68%
of all adults are obese or overweight

Physically active jobs make up only
25%
of our workforce



Sedentary Jobs have increased
83%
since 1950

You'll get the same benefits if you divide your time into **two or three 10 to 15 minute** segments a day.

Physical activity **boosts energy level** and **helps manage stress**.

Get more exercise tips & facts at nashvillegoesred.org

GOALS FOR PHYSICAL ACTIVITY

The American Heart Association Recommended Physical Activity per Week:

- 30 minutes of moderate aerobic activity, 5 days a week
 - or
 - 25 minutes of vigorous aerobic activity, 3 days a week
- _____ and _____
- Moderate to high intensity muscle-strengthening, 2 days per week