

I promise to EXETCISE MOTZE

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



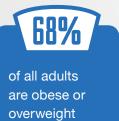
Obesity costs American companies

\$225.8 BILLION

per year

Average healthcare costs exceed

\$3,000 per person annually



Physically active jobs make up only

25%

of our workforce



Sedentary Jobs have increased

83%

since 1950



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

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