

Make Family Fitness a Daily Commitment

It is recommended that children and adolescents participate in at least 60 minutes of aerobic physical activity every day. This can include moderate or vigorous intensity activities, but make sure vigorous intensity activities are included at least three days per week. Activities should include opportunities for strength and bone building, such as climbing and jumping rope.

Adults need at least 150 minutes of moderate intensity activity (or 75 minutes of vigorous intensity activity) every week along with muscle-strengthening activities that work all major muscle groups.

Keep in mind that breaking up exercise or physical activities into smaller increments, such as 10 to 15 minutes, counts too.

- Examples of moderate intensity activities: brisk walking, raking leaves, swimming, games that require catching and throwing, cleaning the house, gardening and dancing.

- Examples of vigorous intensity activities: running, games that require running and chasing, jumping rope, aerobics and vigorous dancing.

Looking for ideas to get your family moving? Call your APS Healthcare health coach at 1.866.272.5507 to learn more.

Resource:
www.cdc.gov/physicalactivity/everyone/guidelines/index.html



Are you leaving your \$100 on the table? Time is running out! All **Take Charge! Live Well!** activities must be completed by June 30, to qualify for incentive payments. Don't leave your money on the table. Call APS Healthcare at 1.866.272.5507 or visit the website at <http://stateofohio.apshealthcare.com> today before it's too late.

PATHWAYS
YOUR PATH TO WELLNESS

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...walking together down a path of
wellness, through insight and
information for a healthy workforce.