



Fitness: Adding More Activity to Your Life

Table of Contents

- Overview
- Credits

Overview

Being active is one of the best things you can do to get fit and stay healthy. It helps you feel stronger and have more energy. It can help you lose fat, build muscle, and reach a healthy weight. Being active may also help you feel better, sleep better, and focus.

How do you get started with adding more activity?

Experts recommend at least 2½ hours of moderate activity, or 1¼ hours of vigorous activity each week to stay healthy. Here are some ideas that can help you get started.

- Work with your doctor to create a plan that is right for you.
- Make sure to start slowly. If you're not active at all, work up to it. Set small goals.
- Walking is one of the easiest and cheapest ways to get moving for most people.
- Keep track of the number of steps you take each day. You can use a phone app or a pedometer.
- It's fine to be active in shorter periods of time throughout your day and week that add up to the recommended goals.
- It's important to find activities that fit your lifestyle and your personality. Joining a group or a class can help keep you motivated. Many people find that everyday activities are easier to keep doing.

Credits

Current as of: July 31, 2024

Author: Ignite Healthwise, LLC Staff (<https://www.healthwise.org/specialpages/legal/abouthw/en>)

Clinical Review Board (<https://www.healthwise.org/specialpages/legal/abouthw/en>)

All Healthwise education is reviewed by a team that includes physicians, nurses, advanced practitioners, registered dietitians, and other healthcare professionals.

Note: The "printer friendly" document will not contain all the information available in the online document. Some information (e.g. cross-references to other topics, definitions or medical illustrations) is only available in the online version.

This information does not replace the advice of a doctor. Ignite Healthwise, LLC, disclaims any warranty or liability for your use of this information.

© 2024 Ignite Healthwise, LLC.



