

Get Up. Get Active. Stick with it!

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According to the Centers for Disease Control and Prevention, 150 minutes of physical activity a week has a big impact on your health.

The CDC said that being active has numerous benefits including weight control, stronger bones and muscles and can even help prevent diseases, ultimately increasing your chance of living longer.

Currently heart disease and stroke are two of the leading causes of death in the United States. But by getting 150 minutes of moderate intensity aerobic activity you can put yourself at a lower risk and you can reduce that risk even further by exceeding 150 minutes.

In addition to heart disease and stroke, 120-150 minutes a week can also reduce your risk of developing type 2 diabetes and metabolic syndrome, as well as put you at a lower risk of contracting colon or breast cancer. The research also suggests that the risk of endometrial cancer and lung cancer may also decrease.

According to Sports-Medicine Physician Jordan Metz of the New York City's Hospital for Special Surgery, "Exercise is the best preventive drug we have, and everybody needs to take that medicine."

In addition, Dr. Timothy Church, the director of preventative medicine at the Pennington Biomedical Research Center in Baton Rouge, said: "Exercise strengthens the entire human machine; the heart, the brain, the blood vessels, the bones, the muscles. The most important thing you can do for your long-term health is lead an active life."

Here are eight tips to help you get more active:

- Take the stairs instead of the elevator.
- Ride an exercise bike while you watch the news.
- Pace while talking on the phone.
- Take a walk on your break or lunch.
- Plan weekend bike rides or walks with the family.
- Take dance lessons or an aerobics class.
- Buy an exercise or yoga DVD (and use it!).
- Join a fitness club and work with a trainer.

Any amount of physical activity has health benefits, so don't get discouraged if you aren't getting 150 minutes of weekly activity immediately. Stick with it and track your daily activity.



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