

**Physical Activity and Nutrition**

* If you are physically inactive, you’re much more likely to develop heart disease, have a stroke, or other blood vessel diseases.
* Regular, moderate-to-vigorous physical activity improves your cardiovascular fitness and helps reduce your risk of heart disease, stroke, and other chronic diseases.
* It is recommended that adults engage in at least 150 minutes (2.5 hours) of moderate physical activity per week. Children and adolescents should get 60 minutes of physical activity per day.
* You don’t have to be an athlete to lower your risk! Regular activities such as walking, gardening, biking, housework, or dancing can be planned in your daily routine.
* Along with a healthy weight and regular physical activity, an overall healthy diet can help lower blood pressure and cholesterol levels and prevent obesity, diabetes, heart disease, and stroke.
* A healthy diet includes eating lots of fresh fruits and vegetables, lowering or cutting out added salt or sodium, and eating less saturated fat and cholesterol.

# Facts:

**{INSERT LOCAL HEALTH DEPARTMENT CONTACT INFO**

**Michigan Department of Health and Human Services**

[www.michigan.gov/cvh](http://www.michigan.gov/cvh)

**Governor’s Council on Physical Fitness, Health and Sports**

[www.michiganfitness.org](http://www.michiganfitness.org)

**American Heart Association**

[www.heart.org](http://www.heart.org)

**Centers for Disease Control and Prevention**

[www.cdc.gov/nccdphp/dnpa](http://www.cdc.gov/nccdphp/dnpa)

**Go Red For Women**

[www.goredforwomen.org](http://www.goredforwomen.org)

**National Heart, Lung, and Blood Institute**

[www.nhlbi.org](http://www.nhlbi.org)

**Healthy Hearts Month**

**Information Resources:**

**Suggested Dietary Guidelines:**

* Consume a variety of nutrient-dense foods and beverages within and among the basic food groups to get the energy, protein, vitamins, minerals, and fiber needed for good health.
* Choose a diet with plenty of whole grain products, low-fat and fat-free milk products, vegetables, and fruits.
* Limit intake of fats and oils high in saturated and/or trans fats, and choose products low in such fats and oils to reduce risk of health attack and heart disease.
* Replace sugar-sweetened beverages with water or low-calorie beverages.
* Choose and prepare foods with little salt.
* Consume potassium-rich foods, such as fruits and vegetables, to prevent or delay the onset of high blood pressure and even lower elevated blood pressure.

**BENEFITS OF DAILY PHYSICAL ACTIVITY:**

* Reduces the risk of heart disease and high blood pressure by improving blood circulation throughout the body.
* Keeps weight under control.
* Improves blood cholesterol levels.
* Prevents and manages high blood pressure.
* Prevents bone loss and helps build and maintain healthy bones, muscles, and joints.
* Boosts energy level.
* Helps manage stress.
* Improves the ability to fall asleep quickly and sleep well.
* Improves self-image.
* Counters anxiety and depression and increases enthusiasm and optimism.
* Increases muscle strength, thereby improving the ability to do other physical activities
* Provides a way to share an activity with family and friends.
* Establishes good heart-healthy habits in children and counters the conditions (obesity, high blood pressure, poor cholesterol levels, poor lifestyle habits, etc.) that lead to heart attack and stroke later in life.
* In older people, helps delay or prevent chronic illnesses and diseases associated with aging and maintains quality of life and independence longer.