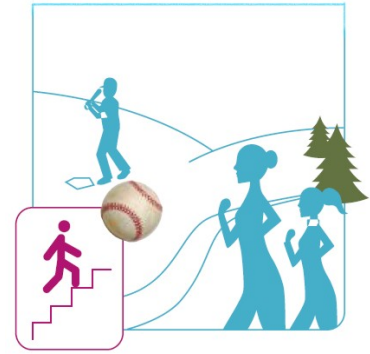


# Healthy Weight and Physical Activity



**Achieving and maintaining a healthy body weight and being physically active on most days of the week decreases your risk for chronic diseases such as:**

- type 2 diabetes
- high blood pressure
- heart disease
- stroke
- osteoporosis
- certain kinds of cancers

**To lose body weight, your body must burn more calories than it takes in from foods and beverages you eat.**

- Aim for a slow, steady weight loss by decreasing your calorie intake and increasing physical activity.

**To maintain body weight, your body must burn the calories you eat and drink and not have any left over that can be stored as fat.**



**To promote good health, mental well-being, and a healthy body weight you need to engage in regular physical activity.**

- To reduce your risk of chronic disease in adulthood you need to do at least 30 minutes of moderate-intensity physical activity on most days of the week.
- To help manage body weight and prevent weight gain in adulthood you need to do at least 60 minutes of moderate- to vigorous-intensity physical activity on most days of the week while not eating more calories than your body needs.
- To keep from gaining back weight that you have lost you need to do at least 60 to 90 minutes of daily moderate-intensity physical activity on most days of the week while not overeating.

## **Examples: Moderate physical activity**

Gardening and yard work  
dancing  
brisk walking  
bicycling  $\leq 10$  mph

## **Vigorous physical activity**

running and jogging  
bicycling  $> 10$  mph  
swimming  
aerobics

**Note:** Most healthy adults do not need to see their healthcare provider before starting a moderate-intensity physical activity program. However, men older than 40 years and women older than 50 years who plan a vigorous program or who have either a chronic disease or risk factors for a chronic disease should see their physician to design a safe, effective program.

**\*Go to [www.mypyramid.gov](http://www.mypyramid.gov) for personalized recommendations on nutrition and physical activity.**



University of Illinois \* United States Department of Agriculture \* Local Extension Councils Cooperating  
University of Illinois Extension provides equal opportunities in programs and employment.  
This material was funded by USDA's Food Stamp Program.