

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 ≤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 for personalized recommendations on nutrition and physical activity.**



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