Avoid the risks and learn the warning signs!
National Physical Fitness and Sports Month

Make physical activity part of your life

The month of May has been designated National Physical Fitness and Sports Month to raise awareness of the importance of active living. The President's Council on Fitness, Sports & Nutrition (PCFSN) challenges Americans to get active, get fit, and eat well throughout the month of May – and, of course, for the rest of their lives. May is the month to begin to set those great health habits for the new you.

Physical activity is an essential part of being healthy. The U.S. Department of Health and Human Services (HHS) Physical Activity Guidelines for Americans (PAG) recommends that adults get at least 2½ hours of moderately to vigorously intense physical activity each week. You can spread this activity out over easy 30-minute increments, five days a week. Or you can choose from many activities and can accumulate activities in bouts of 10 minutes. The HHS also advises doing muscle-strengthening exercises two or more days a week. The health benefits of regular physical activity can be remarkable.

Regular physical activity can:

- Help you maintain a healthy weight
- Lower your cholesterol
- Lower your blood pressure
- Strengthen muscles and bones
- Reduce your risk for heart disease, diabetes, some cancers, and obesity

Regular physical activity can also help your mental health. Often, when you're low, regular physical activity can pick you up; or, if you're anxious, physical activity can calm you down as you recover from your fitness return.

There are even intangible benefits of participating in fitness activities, including:

- Providing an opportunity to connect with others
- Lifting your spirits
- Giving you a new outlook on a problem or project

Health benefits can be gained through simple everyday tasks, such as raking leaves, cleaning the house, or walking the dog. Even 30 minutes a day, broken up into shorter increments of 10 or 15 minutes, can greatly improve your health.
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