

# Get Active



**Did you know?** Women of all ages who get enough physical activity can reduce their risk of heart disease and cancer — the most common diseases women have to worry about. Men get more physical activity than women. We can change this — let's move!



Women need 2.5 hours of moderate-intensity physical activity every week — about **30 minutes a day**.<sup>1</sup> But fewer than 50% of women are getting enough aerobic activity, and only 20% get enough muscle-strengthening activity.<sup>2</sup>

Just **30 minutes** of brisk walking a day is enough to **lower your risk of breast cancer**.<sup>3</sup>



**The more exercise you do, the more your risk of early death goes down.** A woman who exercises 30 minutes every day can lower her risk of dying early by 27% compared with someone who exercises just 30 minutes once a week.<sup>4</sup>

## Tips

Try these ideas for fitting more physical activity into your daily routine.

- ✓ Add walking or biking to your commute.
- ✓ Take the stairs instead of the elevator.
- ✓ Turn on your favorite music and dance.



## Schedule your well-woman visit

A well-woman visit is a time to see your health care provider to:

- ▶ Discuss family history, family planning, and personal habits, such as alcohol and tobacco use
- ▶ Schedule necessary tests, such as screenings for high blood pressure, high cholesterol, and diabetes
- ▶ Set health goals, such as being active and maintaining a healthy weight



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- ▶ Learn more about how to fit physical activity into your daily life at [www.health.gov/PAGuidelines](http://www.health.gov/PAGuidelines).
  - ▶ Learn more about National Women's Health Week at [womenshealth.gov/nwhw](http://womenshealth.gov/nwhw).



### Sources

- <sup>1</sup> [www.health.gov/paguidelines/pdf/paguide.pdf](http://www.health.gov/paguidelines/pdf/paguide.pdf)
- <sup>2</sup> [www.cdc.gov/nchs/data/hus/2014/063.pdf](http://www.cdc.gov/nchs/data/hus/2014/063.pdf)
- <sup>3</sup> [www.cancer.gov/cancertopics/factsheet/prevention/physicalactivity](http://www.cancer.gov/cancertopics/factsheet/prevention/physicalactivity)
- <sup>4</sup> [www.health.gov/paguidelines/guidelines/chapter2.aspx](http://www.health.gov/paguidelines/guidelines/chapter2.aspx)