



STATE OF ALABAMA DEPARTMENT OF  
**PUBLIC HEALTH**

**PHYSICAL ACTIVITY (60 SECONDS)**

Being physically active is one of the most important steps a person can take to improve their health – and the good news is that physical activity is anything that gets your body moving.

This is Acting State Health Officer, Doctor Scott Harris. Regular physical activity can produce long-term health benefits, like reduced risk for chronic disease, lower stress levels, and weight loss.

It is recommended that adults get 150 minutes of physical activity per week, and despite busy schedules, there are easy ways to get the suggested amount. Walking the dog, washing your car, raking leaves, and working up a sweat playing your favorite sport are all examples of physical activity. The key is to start small, just move 10 minutes at a time, and then work your way up to more activity for a longer amount of time.

Learn more about the benefits of exercise and get tips to get moving - including how much activity you need each day - on our website at Alabama Public Health dot g-o-v.

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