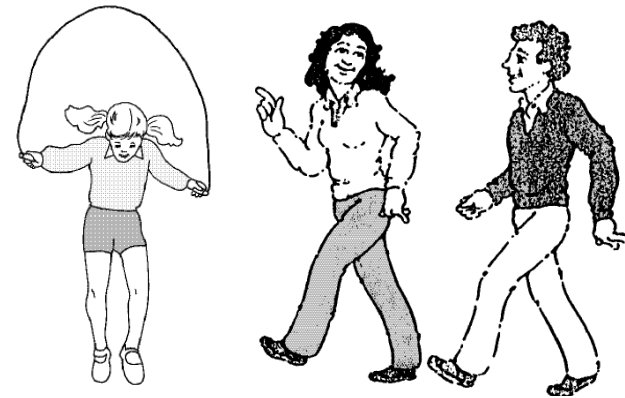


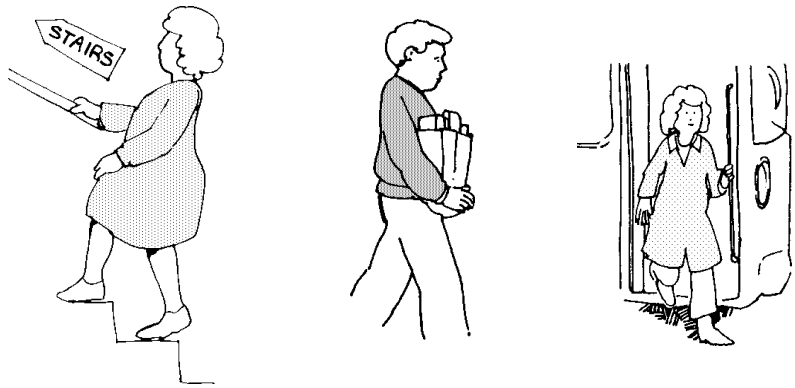
## Regular Physical Activity is Good for Your Health

In addition to helping to control your weight, research shows that regular physical activity can reduce your risk for the following diseases and conditions:

- **Heart Disease.** Daily physical activity can help prevent heart disease by strengthening your heart muscle, lowering your blood pressure, improving your cholesterol levels, and improving blood flow.
- **Obesity.** Physical activity helps to reduce body fat by building muscles and using more calories.
- **Back Pain.** By increasing muscle strength and endurance, and improving flexibility and posture, regular activity may help to prevent back pain.
- **Osteoporosis.** Regular weight-bearing activity promotes bone formation and may prevent many forms of bone loss associated with aging.
- **Type 2 Diabetes.** By reducing body fat, physical activity can help to prevent and control this type of diabetes.



## Physical Activity and Your Health



## **Regular physical activity is good for your health and your weight.**

Regular physical activity is an important part of effective weight maintenance or weight loss. It also can help prevent several diseases and improve your overall health.

It does not matter what type of physical activity you perform -- sports, planned exercise, household chores, yard work, or work-related tasks -- all are beneficial. Studies show that even inactive people can benefit their health if they accumulate 30 minutes or more of physical activity per day.

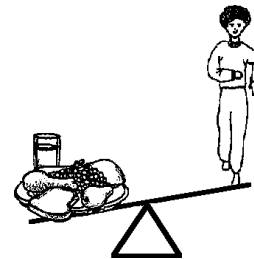
Regular physical activity, combined with healthy eating habits, is the most efficient and healthful way to control your weight. Whether you are trying to lose weight or maintain weight, physical activity is important to include in your lifestyle.

## **Regular physical activity can help control your weight.**

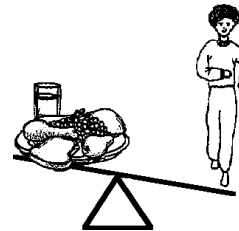
Physical activity helps to control your weight by using excess calories that otherwise would be stored as fat. Your body weight is regulated by the number of calories you eat and use each day. Everything you eat contains calories, and everything you do uses calories, including sleeping, breathing, and digesting food. Any physical activity in addition to what you normally do will use extra calories.



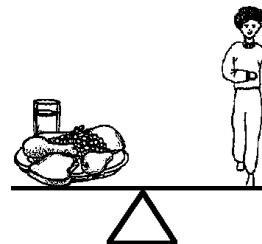
## **Finding the right balance.**



When you eat more calories than you need to perform your day's activities, your body stores the extra calories and you gain weight.



When you eat fewer calories than you use, your body uses the stored calories and you lose weight.



When you eat the same amount of calories as your body uses, your weight stays the same.