



Importance of Physical Activity

Did you know that Texas is ranked 14th in the U.S. for the highest rate of adult obesity at 27.9%? ¹

Regular exercise can help keep you feeling and looking your best, but at busy times we often skip our daily exercise.

Obesity often results in developing chronic diseases, such as diabetes, coronary heart disease, high blood pressure and colon cancer.

More than 1.3 million Texans have diagnosed diabetes, and an estimated 343,000 additional Texans have undiagnosed diabetes. ²

Regular physical activity can help increase your overall health and lower the risk of developing chronic diseases, and also assists in promoting stronger and healthier muscles, bones and joints.

Ultimately, exercise can lead to a more beautiful YOU. Not only are you building stronger bones and protecting yourself against developing a chronic disease, but by exercising regularly, you will also have more energy.

Exercise can also increase your stamina, which can help you perform daily activities such as shopping and stair climbing.

How do I start?

You don't need to join a gym or fitness group to be on your way to a healthier life. Exercising at least **five times** a week for **30 minutes** is a great way to begin.

Regular physical activity can include daily living activities, such as cleaning the house, gardening and walking your dog.

Use the Texercise slide guide, "*Exercise away 300 calories*," provided to you as a resource for ideas on additional and new fitness activities.

Regular exercise and proper nutrition can help lead the way to a healthier you!

¹ Source: F as in Fat: How Obesity Policies are Failing in America, 2009

² Source: www.dshs.state.tx.us