

PROVIDER HEALTH EDUCATION & RESOURCES

MAY 2025

May Physical Fitness and Sports Awareness Month

Regular physical activity is good for everyone's health! Physical activity is anything that gets your body moving.

Aim for at least 150 minutes of moderate-intensity aerobic activity each week. And at least 2 days a week, do activities that strengthen your muscles.

If you haven't been active before, or you haven't been active for a while, start slowly. Even 5 minutes of physical activity has real health benefits! Once you get the hang of it, add a little more activity each time.

Health Benefits

What are the benefits of physical activity?

Physical activity increases your chances of living longer. It can also help:

- Control your blood pressure, blood sugar, and weight
- Lower your “bad” cholesterol and raise your “good” cholesterol
- Prevent heart disease, type 2 diabetes, and some types of cancer

And that's not all. Being more active can:

- Boost your mood
- Help you sleep better
- Make your bones, muscles, and joints healthier
- Lower your chances of becoming depressed
- Lower your risk of falls and reduce arthritis pain
- Help you have fun and feel better about yourself

Challenge yourself get ready to get more active.

Any amount of physical activity is better than none — but getting more activity can increase the health benefits.

Education link: [Health Tips for Adults - NIDDK](#)

