

Avoid sitting for long periods of time. Prolonged sitting increases the risk of blood clots, obesity, and heart disease. Get up and move at least 10 minutes of every hour.

As an Army Spouse you most likely have a 'to do' list a mile long, which can make finding time for activity tough. Fortunately, there is no right or wrong way to be physically active, as some activity is always better than none at all.

### How can I build activity into my day?

- Divide it up your way. 150 minutes is also:
  - » 2 hours & 30 minutes per week OR 30 minutes a day for 5 days OR 10 minutes of activity 3 times a day for 5 days.
  - » Start slowly. If you're just getting back into activity, gradually work up to this goal.
- Pick activities you enjoy.
  - » Moderate-intensity activities include: brisk walking, doubles tennis, water aerobics, leisure biking, and dancing.
- Invite family, friends, and co-workers to join you.
  - » Take a fitness class, sign up for a fun run, or start a walking group in your neighborhood or at your job.

### Check out these additional resources:

- **Army H.E.A.L.T.H.** is designed to help you maintain or lose weight and to improve your fitness by providing personalized nutrition and fitness plans. Register at <http://armyhealth.pbrc.edu>.
- The American College of Sports Medicine (ACSM) also has great information about the importance of strength training. Visit <http://www.acsm.org/docs/current-comments/strengthtrainingforbmh.pdf> to learn more.



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# Take Steps toward Healthy Living

## Activity Tips for Families

**ARMY FAMILY**  
IS AN UNSTOPPABLE FORCE



Physical activity is more than just “exercise” or “working out”- it’s living an active lifestyle. Whether it’s walking the dog, doing yard work, or playing with your kids, regular movement throughout the day inspires positive health outcomes over time.

### How does physical activity improve health?

- Lowers risk of some chronic diseases and conditions such as type 2 diabetes, high blood pressure, stroke, and cancer (e.g. breast, colon)
- Aids in weight loss and prevents weight gain
- Helps manage stress and may reduce depression
- Strengthens bones, muscles, and joints
- Boosts confidence and self-esteem

### How much physical activity do I need?

To receive positive health outcomes strive for at least:

- 150 minutes of moderate-intensity aerobic activity per week
- 2 days of muscle strengthening activities (e.g. weight/resistance band training, calisthenics, yoga)
- 10,000 steps during your everyday routine

- Save time by bumping up the intensity.
  - » Do 75 minutes of vigorous-intensity activities per week (e.g. jogging, swimming laps, or hiking uphill).

### Be a good role model.

- Your health is critical to the wellbeing of your family.
- The more active you are, the more likely your kids will follow suit.
- Children and adolescents (ages 6-17) need at least:
  - » 60 minutes of moderate to vigorous physical activity each day
  - » 11,000 steps for girls and 13,000 steps for boys each day
  - » 3 days of muscle strengthening physical activity per week



## ARMY Wellness Center

### Visit your local Army Wellness Center!

Army Wellness Centers (AWCs) provide wellness services to Soldiers, adult Family Members, Retirees, and Department of the Army (DA) Civilians at NO COST:

- Sleep Education
- Weight Management and Metabolic Testing
- Exercise Testing and Exercise Prescription
- Stress Management Education and Biofeedback
- Nutrition Education
- Wellness Coaching
- Body Composition Analysis
- Health Assessments

To locate the AWC nearest you, visit <http://phc.amedd.army.mil/ORGANIZATION/INSTITUTE/DHPW/Pages/ArmyWellnessCentersOperation.aspx>.