

# Center for Disease Control and Prevention announces National Physical Fitness and Sports Month

Did you know that regular physical activity increases your chances of living a longer, healthier life? It also reduces your risk for high blood pressure, heart diseases and some types of cancer.

## Benefits of physical activity:

- **Children and adolescents**

Physical activity can improve muscular fitness, bone health, and heart health.

- **Adults**

Physical activity can lower the risk of heart disease, type 2 diabetes, and some types of cancer.

- **Older adults**

Physical activity can lower the risk of falls and improve cognitive functioning.

**Eighty percent** of American adults do not meet the government's national physical activity recommendations for aerobic and muscle strengthening. And approximately 45 percent of adults are not sufficiently active to achieve health benefits.

Physical activity is for everyone. No matter what shape you are in, you can find activities that work for you. Together, we can rise to the challenge and get more active during the month of May!



## 10 Activities to Help You Get Physically Active

1. **Play Games with your kids**
2. **Do household chores**
3. **Work in your garden**
4. **Take the stairs not the elevator**
5. **Bike to work or to do errands**
6. **Work on a home repair project**
7. **Play in a swimming pool**
8. **Take your dog for a walk**
9. **Walk with a friend at lunch**
- 10.

**Dance**

*Resources to jump start you  
on your way to being  
Physically Active!*



In May 2017, the U.S. Department of Health and Human Services (HHS) and the U.S. Department of Agriculture (USDA) announced that USDA's free online tool, [SuperTracker](#), has incorporated the President's Council on Fitness, Sports & Nutrition's (PCFSN) Presidential Champions program as an additional incentive to motivate Americans to be more physically active. <https://www.supertracker.usda.gov/>

- May is National Physical Fitness and Sports Month! Find out how you can #GetActive this month: <https://healthfinder.gov>
- Feeling busy this week? Try these tips to build more active time into your busy schedule: <https://www.nhlbi.nih.gov/health/educational/wecan/get-active/activity-plan.htm>
- Add the Be Active Your Way health widget to your website to share quick tips for increasing #PhysicalActivity: <http://1.usa.gov/1htQBrM>
- Follow @fitnessgov on Twitter for the latest news and events from the President's Council on Fitness, Sports & Nutrition!