



Here are some ways to stay healthy **EVERY DAY**:

**E**xercise - 30 minutes daily  
**V**itamin - 400 micrograms of folic acid daily

**E**ducate yourself about medicines and toxins that can cause birth defects

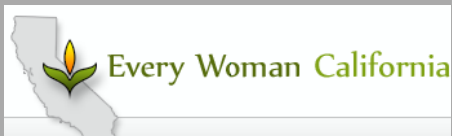
**R**eproductive life planning

**Y**early doctor visits to discuss physical and mental wellness

**D**iet - vegetables, fruits and whole grains daily

**A**void tobacco, drugs and alcohol

**Y**our partner, friends, and family should be sources of support



[www.everywomancalifornia.org](http://www.everywomancalifornia.org)

# Physical Activity Guidelines

Daily exercise helps keep your heart strong and helps you feel your best. Daily exercise also helps you reach a healthy weight. Also, if you get pregnant, staying active now can help you have a healthy pregnancy in the future.

## Adults need at least:

- 30 minutes of **aerobic activity** every day **and**
- **Strength activities** on 2 or more days a week

## What is aerobic activity?

- **Aerobic activity** gets you breathing harder and your heart beating faster. You should be able to talk, but not sing the words to your favorite song.
- 30 minutes every day may sound like a lot of time. But, you don't have to do it all at once. Just be active for at least 10 minutes at a time. You can go for a 10-minute brisk walk 3 times a day. Or, you can go for a 30-minute brisk walk once a day
- Some examples of aerobic activity include:
  - Walking fast or jogging
  - Riding a bike
  - Doing water aerobics
  - Pushing a lawn mower
  - Playing tennis
- What if you're too tired after work? Plan to be active before work or during the day.
- What if it's not safe to walk outside? Do something indoors. You can dance at home, take an exercise or dance class, or walk at the shopping center.

## What are strength activities?

- Strength activities work all the muscle groups of your body. This means your legs, hips, back, chest, stomach, shoulders, and arms.
- There are many ways you can strengthen your muscles. You may want to try:
  - Push ups, sits or leg lifts
  - Yoga
  - Using resistance bands
  - Lifting weights: you can use cans of food as weights too
  - Heavy gardening

For more information and helpful videos about physical activity, go to [www.cdc.gov/physicalactivity/everyone/guidelines/adults.html](http://www.cdc.gov/physicalactivity/everyone/guidelines/adults.html)