

Health Facts

- Moderate daily physical activity can reduce substantially the risk of developing or dying from cardiovascular disease, type 2 diabetes, and certain cancers, such as colon cancer.
- Heart disease is the leading cause of death among men and women in the United States.
- Physically inactive people are twice as likely to develop coronary heart disease as regularly active people.
- Even light-to-moderate activity is associated with lower Coronary Heart Disease rates in women. At least 1 hour of walking per week predicted lower risk.
- Daily physical activity helps to lower blood pressure and cholesterol, helps prevent or retard osteoporosis, and helps reduce obesity, symptoms of anxiety and depression, and symptoms of arthritis.
- Walking 1 mile briskly burns about as many calories in 15 minutes as jogging the same distance in 8.5 minutes

