



EYLANI
FOUNDATION

&

Eylani Community
Health Network

EDUCATE | EMPOWER | ELEVATE | EQUITY



Movement
Builds
Stronger,
Healthier,
Communities

HEALTHY LIVING SERIES

Move More, Live Well

Small Steps. Big Benefits. A Healthier You.



Why It Matters

Regular physical activity is one of the most important things you can do to support your long-term health. It helps with heart health, mental wellness, healthy aging, better sleep, and overall quality of life. It can also help reduce the risk of several chronic health conditions, including heart disease, type 2 diabetes, some cancers, and depression.



Key Benefits

Regular physical activity can help:

- ✓ Support heart and lung health
- ✓ Improve mood and reduce stress
- ✓ Help maintain a healthy weight
- ✓ Strengthen bones and muscles
- ✓ Support better sleep
- ✓ Improve balance and lower risk of falls
- ✓ Support brain health and memory
- ✓ Reduce the risk of chronic diseases
- ✓ Increase energy and overall quality of life



How Much Activity Do You Need?

For most healthy adults, the U.S. Department of Health and Human Services recommends:



**At least 150 minutes
of moderate-intensity
aerobic activity per week**

That's about 30 minutes, 5 days a week.

- OR -



**At least 75 minutes
of vigorous-intensity
aerobic activity per week**

You can also combine moderate and vigorous activity.



**Muscle-strengthening activities
on at least 2 days per week**

*Work all major muscle groups
(legs, hips, back, abdomen,
chest, shoulders, and arms).*



The 4 Types of Physical Activity

A well-rounded routine includes:



Aerobic Activity

Gets your heart and lungs working. Examples: walking, dancing, cycling, swimming, or taking the stairs.



Muscle-Strengthening Activity

Builds and maintains muscle mass. Examples: bodyweight exercises, resistance bands, weights, or strength training classes.



Balance Activity

Helps prevent falls, especially as you age. Examples: standing on one foot, yoga, or tai chi.



Flexibility and Mobility

Helps your joints move more easily and may reduce stiffness. Examples: stretching, yoga, or gentle mobility exercises.



Movement Counts!

You don't need a gym or intense workouts to see benefits. Everyday activities add up!

- ✓ Take a walk during your lunch break
- ✓ Dance in your kitchen
- ✓ Do yard work or garden
- ✓ Play with your children or grandchildren
- ✓ Take the stairs instead of the elevator
- ✓ Try an online workout or fitness app
- ✓ Find activities you enjoy—it's easier to stick with it

Some activity is better than none. Start where you are and build from there.



Tips for Success

Set realistic goals

- ✓ Start slowly and increase gradually
- ✓ Choose activities you enjoy
- ✓ Make it a part of your routine
- ✓ Find a friend or family member to stay motivated
- ✓ Be consistent over perfection
- ✓ Celebrate your progress

Even 10–15 minutes at a time can make a difference. It all adds up!



Safety First

Talk with your healthcare provider before starting or significantly increasing physical activity if you:

- ✓ Have a chronic health condition (e.g., heart disease, diabetes, asthma)
- ✓ Have been inactive for a long time
- ✓ Are pregnant or recently had a baby
- ✓ Have concerns about pain, balance, or injury
- ✓ Have concerns about which activities are appropriate for your health, mobility, or fitness level.



Learn More

Visit www.echnichicago.com for more health education resources, tools, and community support.



Need Support?

Talk with your healthcare provider or a qualified exercise professional to find activities that are safe and right for you.



Related Topics in the Healthy Living Series:

- Preventive Care 101
- Chronic Disease Prevention
- Mental Wellness
- Healthy Habits
- Financial Wellness & Your Health



This information is for educational purposes only and is not medical advice.

Always consult your healthcare provider before starting or changing your physical activity routine, especially if you have a medical condition, are pregnant, or have been inactive.

Sources:

- U.S. Department of Health and Human Services. Physical Activity Guidelines for Americans (2nd Edition)
- Centers for Disease Control and Prevention (CDC)
- Accessed October 2026.

