YES.
You *can* make time for exercise.

1. Can you find 10 minutes in the morning? During your lunch break? In the afternoon? Just 10 minutes can make a big difference.
2. Select activities that don’t require a lot of time and equipment. Walk, jog, ride your bike, climb the stairs, or even ride a scooter! *Be creative!*
3. Make physical activity a priority and incorporate it into your normal routine. Actively commute to your destination or host walking meetings. *Have fun!*
4. Make physical activity a family or co-worker event. Go for regular walks or attend a fitness event, or class.

**A Little Goes A Long Way...**
- Adults need **150 minutes** (just 2.5 hours) of aerobic physical activity (i.e. walking, running, biking) **each week**.
- Adults also need muscle strengthening activity (i.e. weight lifting, yoga) **two or more days each week**.

Visit [healthysd.gov](http://healthysd.gov)
GET MOVIN’!
TAKING THE 150 MINUTES CHALLENGE

GET 55.1% OF ADULTS TO MEET THE PHYSICAL ACTIVITY GUIDELINES FOR AEROBIC ACTIVITY. THE HEALTHY PEOPLE 2020 GOAL

THE PROBLEM:
The majority of South Dakotans DO NOT meet the Physical Activity Guidelines (PAG) for both aerobic activity & muscle strengthening.

- 53.7% of South Dakotans get the recommended 150 minutes of aerobic activity per week.
- 27.7% of South Dakotans get the recommended 2 sessions of muscle strengthening per week.
- Only 18.4% of South Dakotans get the recommended amounts of both aerobic activity & muscle strengthening combined.

THE NATIONAL MEDIAN
FOR MEETING THE PHYSICAL ACTIVITY GUIDELINES FOR AEROBIC ACTIVITY IS

50.8% SOUTH DAKOTA HAS SURPASSED THE NATIONAL AVG. BUT THERE IS STILL WORK TO BE DONE!

THE PLAN:

1. Create and enhance access to places for physical activity.
Start thinking about how to incorporate opportunities for daily physical activity in your community, at your worksite, or school. Make a park bigger or better. Create a new space for recreation. Connect a trail and a park with a safe sidewalk or bike lane.

2. Enhance physical education and activity in schools and childcare settings.
Elementary kids should be required to get 30 minutes of physical education every day. High school kids should get 45 minutes a day. What is your school policy? Do schools in your community have Safe Routes to Schools Programs? Can you work with childcare providers to establish moderate to vigorous physical activity standards?

3. Support land use, urban design, street-scale, community-scale, and transportation policies.
Project funding is available especially for youth, elderly, low-income, and minority populations. Plan, build, or retrofit residential or mixed-use streets to reduce speeds, accommodate bicyclists and improve walkability.

4. Let’s work together!
Through multi-sector partnerships and collaborations within communities, the goal is to get all South Dakotans physically active and to be able to live, work, and play in environments that facilitate regular physical activity.

BY 2030 42% OF AMERICANS WILL BE OBESE!
UNLESS WE CHANGE THE CULTURE AND CREATE POLICIES & ENVIRONMENTS THAT SUPPORT ACTIVE LIFESTYLES.
**THE EVIDENCE:** A few key statistics from SOUTH DAKOTA'S Behavioral Risk Factor Surveillance System (BRFSS 2013) and the Youth Risk Behavior Survey (YRBS 2013):

- **ADULTS**
  - 35% HIGHLY ACTIVE
  - 17.8% MODERATELY ACTIVE
  - 21.4% INSUFFICIENTLY ACTIVE
  - 25.8% INACTIVE

- **YOUTH**
  - 31% ATTEND P.E. CLASSES
  - 72% NOT MEETING DAILY PAG

**BOTTOM LINE... KIDS NEED MORE P.E. IN SCHOOL AND NEED MORE PHYSICAL ACTIVITY ALL DAY LONG**

**PHYSICAL ACTIVITY LOWERS THE RISK OF**

There is a direct link between physical activity levels and chronic disease.

- High blood pressure & high cholesterol
- Heart attack & coronary heart disease
- Obesity
- Inflammation from Arthritis
- Stroke & Diabetes
- Some Cancers
- Depression

**GOOD NEWS!**

- 23% OF FEMALES ARE INACTIVE
- 28% OF MALES ARE INACTIVE
- 71% OF OVERWEIGHT OR OBESE PEOPLE ARE INACTIVE
- 23% OF OLDER ADULTS FALL INTO THE HIGHLY ACTIVE CATEGORY

**MORE ACCESS, MORE ACTIVE!**

- 39.3% of South Dakotans live within 1/2 mile of a park
- 58.3% of South Dakota youth have access to parks, community centers, and sidewalks

**ONLY 4.8% OF SD ADULTS BIKE OR WALK TO WORK**

Visit HealthySD.gov for more information and resources.
All adults should avoid inactivity

Do **150 minutes** of moderate or **75 minutes** of vigorous intensity aerobic physical activity per week

Do moderate or vigorous muscle-strengthening activities 2 or more days per week

**IN THE WORKPLACE**

- Take the stairs
- Stretch Breaks
- Commute to work
- Keep small weights at your desk
- Walk during Breaks
- Walk instead of e-mail
**Enjoy Moving**

Be physically active every day

Children and teens should be physically active for at least 60 minutes on most, preferably all, days of the week.

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<thead>
<tr>
<th>Do Plenty</th>
<th>Do More</th>
<th>Do Enough</th>
<th>Do Less</th>
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<tbody>
<tr>
<td><strong>Moving Whenever You Can</strong></td>
<td><strong>Making Your Heart Work Harder</strong></td>
<td><strong>Stretching and Building Your Muscles</strong></td>
<td><strong>Sitting Around</strong></td>
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<td>Walking the dog</td>
<td>Playing baseball or softball</td>
<td>Sit-ups</td>
<td>Playing on the computer</td>
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<td>Sweeping</td>
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<td>Taking the stairs instead of the elevator</td>
<td>Jumping rope</td>
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<td>Playing outside</td>
<td>Skateboarding</td>
<td>Lifting free weights or strength training</td>
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<td>Gardening/Yard work</td>
<td>Stretching</td>
<td>Sitting still for hours</td>
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<td>Dusting</td>
<td>Running/Jogging</td>
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<td>Riding a bike</td>
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<td>Throwing a ball</td>
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**Find your balance between eating and physical activity.**

Eating smart choices from every food group and being physically active work together for a healthier you!

For more information go to: ChooseMyPlate.gov and teamnutrition.usda.gov.