**Rewards of Physical Activity and Fitness for YOU!!**

* Regular physical activity and exercise can decrease your risk of many unwanted health diseases such as high blood pressure, diabetes, stroke, and even some forms of cancer.
* Regular physical activity and exercise can also provide many psychological benefits (helps your mental health, your mind feel happy) as well.
* Regular physical activity= being active, getting to and maintaining your target heart rate for approximately 1 hour total per day 3 to 5 times per week. You can break the 1 hour of exercise into segments such as walking for 20 minutes in the morning, playing a game during P.E. for 30 minutes, and walking your dog for 10 minutes after school= a total of 60 minutes.