



A MINUTE OF HEALTH WITH CDC

Exercise: A No Cost Prescription for Health
Prevalence of Regular Physical Activity Among Adults – United States 2001–2005

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This program is presented by the Centers for Disease Control and Prevention. CDC – safer, healthier people.

Adults who get at least 30 minutes of moderate physical activity five or more days a week can expect major health benefits. The biggest advantages include lowering the risk of diabetes, heart disease, high blood pressure, obesity, and certain types of cancer. A recent CDC study found that the number of adults who are regularly physically active has increased over the past five years, but over half of all adults still aren't engaging in recommended levels of activity. Regular physical activity is almost a prescription for good health. While this prescription isn't a guarantee, getting checked out by your doctor and increasing daily activities to include exercise is a path to better health.

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