



## **A MINUTE OF HEALTH WITH CDC**

### *Take a Walk*

*Walking Among Adults — United States, 2005 and 2010*

Recorded: August 7, 2012; posted: August 9, 2012

*This program is presented by the Centers for Disease Control and Prevention.*

Regular physical activity has many health benefits, including weight control and lowering the risk of heart disease, stroke, diabetes, and some cancers. Most US adults don't get enough physical activity.

Each week, adults need at least 2 ½ hours of aerobic physical activity, which increases breathing and the heart rate. Activities should be done for 10 minutes or more at a time.

Brisk walking is an aerobic activity that doesn't require special skill or expensive equipment. It can be done inside or out and alone or with others. If you're not getting enough physical activity, consider walking.

Thank you for joining us on *A Minute of Health with CDC*.

*For the most accurate health information, visit [www.cdc.gov](http://www.cdc.gov) or call 1-800-CDC-INFO.*