

FEEL THE BURN!

The Importance of Physical Activity for First Responders



Obtaining optimal physical activity is essential for boosting your quality of life and resiliency throughout your career.

Physical Activity Benefits



Better Mood



Lower Stress



Better Sleep



Longer Life



Weight Control

Are You Getting Enough Physical Activity?

Moderate aerobic activity

At least 150 minutes a week of anything that gets you breathing hard but still able to have a conversation



Or

Vigorous aerobic activity

At least 75 minutes a week of anything that gets you breathing hard and fast



+



Muscle-strengthening activity

At least 2 days a week of doing activities that make your muscles work harder than normal



Visit bit.ly/PhysicalActivity4Health for more info and resources about physical activity to help you feel and be your best!

