



HEALTH INDEX SCORE

HEALTH ENHANCEMENT RESPONSE

Learning how to live healthy

Physical activity is necessary to maintain good health and prevent disease. Regular physical activity makes the body stronger, gives you more energy and helps your body heal faster. It is important to be physically active several days a week. There are many ways to be active without going to a gym. Walking the dog, hiking and playing outdoor games are examples of ways to be active at home. Even if you are not overweight, inactivity can cause health problems like heart disease, diabetes and high blood pressure.

THE NUMBER OF MINUTES OF PHYSICAL ACTIVITY I GET EACH WEEK IS:

Healthy is more than 75 minutes of vigorous activity a week

Health Risk is 30-150 minutes of moderate activity a week

Unhealthy is less than 30 minutes of physical activity a week

- HEALTHY** – Look on the back side of this card to see how to keep your physical activity level in the healthy range.
- HEALTH RISK** – If your weekly physical activity continues or decreases, you may develop health problems. Look on the back of this card to see how you can bring your physical activity level into the healthy range.
- UNHEALTHY** – Failure to get enough physical activity can lead to health problems or make your current health problems worse. Look on the back of this card to see what you can do to increase your physical activity level.

CRCH

CENTER FOR RURAL & COMMUNITY HEALTH

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What to do for ...

HEALTHY PHYSICAL ACTIVITY: Continue to be active and maintain a healthy body weight. Try to add new activities to your weekly routine.

HEALTH RISK PHYSICAL ACTIVITY: Find new ways to stay active. Build short activity breaks into your work day. Slowly increase your activity level over several weeks. Be active with a partner or group of friends. See your doctor, an exercise specialist or community health worker for help in increasing your weekly physical activity level.

UNHEALTHY PHYSICAL ACTIVITY: See your doctor, exercise specialist or community health worker for ideas on how to become more physically active.

Get more information

ABOUT PHYSICAL ACTIVITY AND EXERCISE BY...

- Showing this card to your doctor or other health care professional.
- Contacting the WVSOM Center for Rural and Community Health online at www.CRCH.wvsom.edu, by calling 800-566-1258, or by e-mail CRCH@osteo.wvsom.edu
- Talking with a Community Health Education Resource Person (CHERP) in your community. To find a CHERP near you, contact the WVSOM Center for Rural and Community Health as directed above.

Tracking

Identification _____

