

Health & Wellness

Tip of the Week

Week 2
January 11, 2016

January is all about **physical fitness**. It is the perfect time to remind you about the importance of staying active and healthy!

Balancing Movement With Healthy Eating

Good eating habits are even healthier when you add staying active. Adults (18-64 years) should get 2 ½ hours of moderate motion each week, or 1 hour and 15 minutes at a very brisk level. Children and teens (6-17 years) need an hour or more of being active each day. Adults also need to work on building muscles at least twice a week, and children and teens, three times a week.

Know these facts before you get moving:

- ❁ Choose movements that match your fitness level.
- ❁ Start slowly if you haven't been active, raising your level over time. • Choose a safe place and the right gear.
- ❁ Check with your doctor first to find the motion that's right for you. Eating right and working out help you stay healthy inside and out.

Source: United States Department of Agriculture



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