



Health and Wellness Tip of the Week Week 31 – July 29, 2019

Get Moving!

Physical activity is essential to your overall wellbeing. No matter what stage of life you are in, there are many ways to incorporate movement into your routine. Adults need at least 150 minutes of moderate-intensity aerobic activity weekly, such as brisk walking, and muscle-strengthening activities two days of the week. This amount varies based on level of intensity.

Adding in activity to your daily routine will not only make you feel better, but it can improve your overall health and reduce your risk of illness. Make a plan to incorporate your new activities today!

Source: Centers for Disease Control and Prevention

City of Mission

Human Resources Department
1201 E. 8th Street
Mission, TX 78572
956-580-8631

Our mission is to promote health awareness and encourage healthy lifestyles.

www.missiontexas.us

