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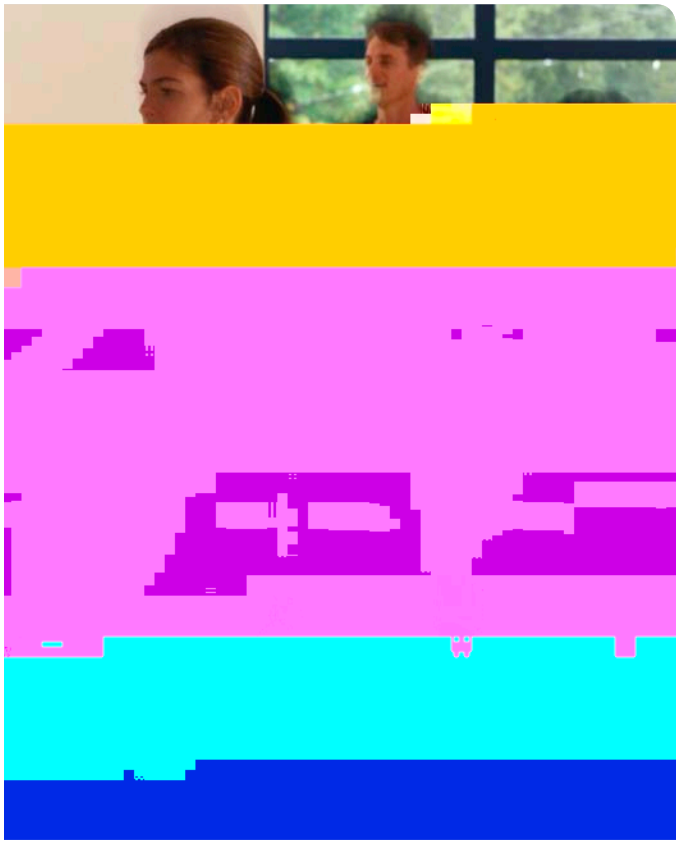
How can physical activity help?

Physical activity is as important as your diet in helping you lose weight! Regular physical activity helps lower your risk of heart attack, stroke, high blood pressure and other health problems. If you have a chronic condition and want to greatly increase your physical activity level, ask your doctor or health professional for a physical activity plan that's right for you.

For overall cardiovascular health, adults should get at least 150 minutes of moderate-intensity or 75 minutes of vigorous-intensity aerobic physical activity each week, as well as muscle-strengthening activity at least two days per week. You may need more exercise to reach your weight loss goals. Increase your amount of physical activity gradually over time and decrease your caloric intake to a point where your input and output can achieve energy balance.



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