

The Benefits of Getting Enough Exercise



On average, people who **get** enough physical activity have:

- + **Lower** risk of early death
- + **Lower** risk of breast and colon cancer



What's a good amount of exercise?

According to HealthyPeople.gov, a good amount of physical activity is at least 150 minutes/week of moderate activity or 75 minutes/week of vigorous activity – or an equivalent combination.

Physical activity includes exercising at the gym, playing sports, walking or biking, doing house or yard work, and strength training.



Figure 1. One-dose gain frame (1A).

The Benefits of Getting Enough Exercise



On average, people who **get** enough physical activity have:

- + **Decreased** risk of heart disease
- + **Decreased** risk of Type 2 diabetes



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Figure 2. One-dose gain frame (1B).

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On average, people who **get** enough physical activity have:

- + **More** energy and endurance
- + **Higher** metabolism/ability to burn fat



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Figure 3. One-dose gain frame (1C).

The Benefits of Getting Enough Exercise



On average, people who **get** enough physical activity have:

- + **Higher** confidence and self-esteem
- + **Increased** ability to concentrate



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Figure 4. One-dose gain frame (1D).

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Figure 5. Two-dose gain frame (2AB).

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Figure 6. Two-dose gain frame (2AC)

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Figure 7. Two-dose gain frame (2AD)

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On average, people who **get** enough physical activity have:

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Figure 8. Two-dose gain frame (2BC)

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Figure 9. Two-dose gain frame (2BD)

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Figure 10. Two-dose gain frame (2CD)

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Figure 11. Three-dose gain frame (3ABC)

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Figure 12. Three-dose gain frame (3ABD)

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Figure 13. Three-dose gain frame (3ACD)

The Benefits of Getting Enough Exercise



On average, people who **get** enough physical activity have:

- + **Decreased** risk of heart disease
- + **Decreased** risk of Type 2 diabetes
- + **More** energy and endurance
- + **Higher** metabolism/ability to burn fat
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Figure 14. Three-dose gain frame (3BCD)

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Figure 15. Four-dose gain frame (4ABCD)

The Costs of Not Getting Enough Exercise



On average, people who **don't get** enough physical activity have:

- + **Higher** risk of early death
- + **Higher** risk of breast and colon cancer



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Figure 16. One-dose loss frame (1A).

The Costs of Not Getting Enough Exercise



On average, people who **don't get** enough physical activity have:

- + **Increased** risk of heart disease
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Figure 17. One-dose loss frame (1B).

The Costs of Not Getting Enough Exercise



On average, people who **don't get** enough physical activity have:

- + **Less** energy and endurance
- + **Lower** metabolism/ability to burn fat



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Figure 18. One-dose loss frame (1C).

The Costs of Not Getting Enough Exercise



On average, people who **don't get** enough physical activity have:

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Figure 19. One-dose loss frame (1D).

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Figure 20. Two-dose loss frame (2AB).

The Costs of Not Getting Enough Exercise



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Figure 21. Two-dose loss frame (2AC)

The Costs of Not Getting Enough Exercise



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Figure 22. Two-dose loss frame (2AD)

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On average, people who **don't get** enough physical activity have:

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Figure 23. Two-dose loss frame (2BC)

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Figure 24. Two-dose loss frame (2BD)

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Figure 25. Two-dose loss frame (2CD)

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Figure 26. Three-dose loss frame (3ABC)

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Figure 27. Three-dose loss frame (3ABD)

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Figure 28. Three-dose loss frame (3ACD)

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Figure 29. Three-dose loss frame (3BCD)

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Figure 30. Four-dose loss frame (4ABCD)