MOVE YOUR BODY - FEEL HEALTHY!

Moving your body helps you:

- Feel less stressed
- Keep your bones strong
- Avoid high blood pressure
- Stay at a healthy weight

Too little movement is bad for your health. It can cause problems like diabetes and heart disease.

How much should you move?

- Children: 60 minutes every day – play, run, jump!
- Adults: 150–300 minutes a week – walk, cycle, swim!
- Older people: Same as adults + balance and strength exercises

Use the SMART rule to set goals:
Specific – clear goal, Measurable – you can count it, Accepted – you want to do it, Realistic – possible for you, Time-based – with a deadline

Drink enough water!
Before, during, and after moving.

AKTION MENSCH

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