

**Physical Activity Health Factors with Patient Wellness Handout Language**

**Very Active = (300 min/week+)** Your level of physical activity is outstanding! You are working hard and it shows. Keep up the good work and stay on track.

**Active = (150 – 299 min/week)** Your level of physical activity is excellent! Increasing your physical activity level to 300 minutes each week (60 minutes/day) helps you get even more health benefits.

**Some Activity = (<150 min/week)** Increasing your physical activity to 150 minutes each week (30 minutes/day) helps you gain even more health benefits. Now you are on the way to losing weight and better health.

**Inactive = (Sedentary)** Increasing your physical activity to 10 minutes each day helps you get more energy, lowers stress, and helps to improve your strength. Being active will help you feel better.

