



BE ACTIVE IN SAN BERNARDINO COUNTY

Most San Bernardino County adults and youths don't get the recommended amount of physical activity - 150 minutes a week for adults and 60 minutes a day for youths. Regular physical activity can produce a variety of long term health benefits for people of all ages, backgrounds and abilities. **Vision2BActive** is a campaign designed to help improve wellness throughout San Bernardino County by encouraging residents to increase their physical activity and connecting them to many opportunities to be active. Visit www.Vision2BActive.com.

Walking
3,500 STEPS
per day lowers your risk of diabetes



WALK your kids to school.
WALK your dog. **WALK** and talk with friends instead of calling them or texting them.

75 MINUTES
a week of brisk **WALKING** can add **2YEARS** to your lifespan.



Make exercise a family affair. **IT'S FUN!**
THROW a ball, **PLAY** tag,
SWIM, or ride a **BIKE**.



75% of San Bernardino County residents live within **ONE MILE** of a local park and five miles of a regional, state or federal park.

PERCENTAGE OF RESIDENTS MEETING ACTIVITY GOAL



YOUTHS

During a typical week, youths ages 5-17 should be physically active for at least 60 minutes each day.



ADULTS

Adults should get moderate physical activity for at least 30 minutes a day, five days a week.

HIKE along a trail or **SKI** and **SNOWBOARD** in the mountains.



Use the **STAIRS** instead of the escalator or elevator



Obesity-related illnesses are estimated to carry an annual cost of **\$190.2 BILLION** nationwide. A daily **ONE-HOUR** walk can reduce the risk of obesity by half.



Physical activity and exercise improves **MENTAL HEALTH, MOOD,** and reduces **ANXIETY.**

Physical activity can prevent a **STROKE, HIGH BLOOD PRESSURE** and **HIGH CHOLESTEROL**