

Health Byte

December 2018



Physical Activity Guidelines

Check out the top 10 things to know about the second edition of the Physical Activity Guidelines for Americans. These are evidence-based recommendations for adults and youth (ages 3 through 17) to safely get the physical activity they need to stay healthy.

<https://health.gov/paguidelines/second-edition/10things/>

Philadelphia Coordinated Health Care (PCHC) encourages you to use this information to promote and maintain a healthy lifestyle for yourself or someone you support. Our past “Health Bytes” are located on the PCHC website at www.pchc.org.