



# ..... MOVE: fight a sedentary lifestyle

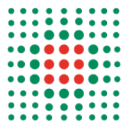
## Regular physical activity

is essential to prevent and help the management of heart diseases, type 2 diabetes and cancer, as well as reduce symptoms of depression and anxiety. It improves thinking, learning and judgment skills. Besides, it contributes to a good sleep.

## All physical activity is welcome and beneficial

as it can be carried out whilst working, walking, cycling (it's part of our everyday life, our leisure time). We also take care of our fitness when we dance, play or do our daily chores, including gardening and cleaning.

**Pregnant** and postpartum women should do **at least 150 minutes of moderate aerobic activity or gentle stretching per week.**

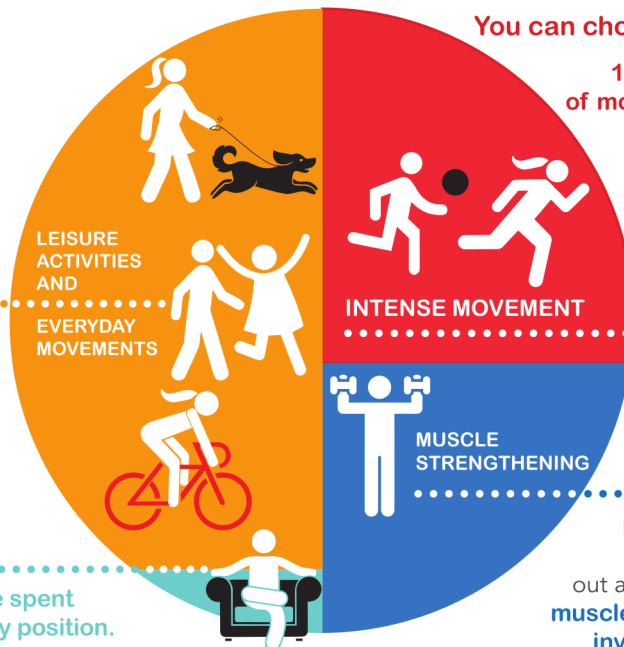


SERVIZIO SANITARIO REGIONALE  
EMILIA-ROMAGNA

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You can choose between:

**150-300 minutes of moderate aerobic activity or 75-150 minutes of aerobic and intense activity** during the week.

Men and women should carry out activities **such as muscle strengthening involving all major muscle groups for at least 2 or more days a week.**



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**SALUTE**  
IL PIANO DELLA PREVENZIONE 2021-2025  
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