



## PHYSICAL ACTIVITY DAY IN PUERTO RICO: APRIL 6, 2026

### Move more, live better!

In April, we remembered the importance of moving to be healthier. Physical activity is any movement of your body that causes you to expend energy. It doesn't have to be complicated: walking, dancing, climbing stairs, playing with your children, cycling or doing sports... everything counts! **The important thing is to move around more and spend less time sitting.**

#### Staying active helps your body and mind:

- Boost your energy and mood
- Strengthens the heart, muscles and bones
- Helps you sleep better
- Reduces stress and anxiety
- Lowers the risk of diseases such as diabetes, high blood pressure and cancer
- Moving more helps you think and learn better, regardless of age

#### Spending too much time sitting (watching screens, working, or resting) can affect your health:

- Increases the risk of disease
- May cause weight gain
- Affects sleep and mental health

The good news is that you don't have to be an athlete to see benefits. A little movement is better than nothing. The goal is to do at least 150 minutes a week (like 30 minutes 5 days). Don't wait another day, start today, start with simple steps:

- Walk more (even if it's inside the house)
- Use stairs instead of elevators
- Move while watching a TV show or your social media
- Do activities that you enjoy and move

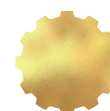
Additional tip: Think about whether it is necessary to use your car for some management, if the area is safe and not very distant you can walk, often for short distances we use our car without need. Your body is made to move, it's not about perfection but about constancy.

MOVE AT YOUR OWN PACE, BUT DON'T STOP!

Source: World Health Organization 2025



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