



**NATIONAL MINORITY HEALTH MONTH
APRIL 2019**

#ACTIVEANDHEALTHY

Active & Healthy is the theme for National Minority Health Month 2019, and the Office of Minority Health is joining with partners throughout the country to promote physical activity to help people live healthier lives.

An active and healthy lifestyle can help reduce the risk of high blood pressure, type 2 diabetes and other chronic diseases. According to the 2nd edition of the Physical Activity Guidelines for Americans released last year, adults need at least 150-300 minutes of moderate-to-vigorous physical activity each week with muscle-strengthening activities two or more days a week.

You are invited to get active this month by picking a team of your friends, family or colleagues and joining the Active & Healthy Challenge. You can learn more about creating a team below.

Step into NMHM19:

[Sign up](#) for the Active & Healthy Challenge

Encourage others to join the Active & Healthy Challenge

Join the conversation on Twitter on April 17 using #ActiveandHealthyChat