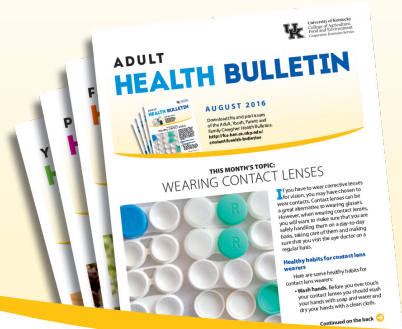


ADULT HEALTH BULLETIN



JANUARY 2019

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THIS MONTH'S TOPIC: MOVE MORE



The U.S. Department of Health and Human Services just updated guidelines for physical activity for the first time in 10 years. New scientific evidence supports the importance of physical activity and the high risks of sedentary behavior. Moving more throughout your day can help reduce the risks of many health problems:

- High blood pressure
- Type 2 diabetes
- Cancer (bladder, breast, colon, endometrium, esophagus, kidney, lung and stomach)
- Dementia

You know you need physical activity to stay healthy and reduce the risks of chronic disease. However, did you know it can help you feel better right away? By moving more, you naturally boost your mood, sharpen your focus, reduce your stress, and improve your sleep.

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Anything that gets you moving counts. Like cleaning the house, raking leaves, taking the stairs, or walking to your car.



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Despite the overwhelming evidence of the health benefits of physical activity, only about 20 percent of Americans meet the recommendations in the Physical Activity Guidelines.

No matter who you are or where you live, you can find a way to be active.

What are the physical activity guidelines for adults?

At least 150 minutes a week of moderate-intensity aerobic activity and at least two days a week of muscle-strengthening activity.

Moderate-intensity activity is anything that gets your heart beating faster than normal; like walking the dog or gardening. Moderate-intensity activity is when you are breathing hard but can still easily have a conversation.

Muscle-strengthening activity is anything that makes your muscles do more work than normal. This could include push-ups or lifting weights.

Tight on time? Get the same benefits in half the time. If you step it up to vigorous-intensity aerobic activity, aim for at least 75 minutes a week. Vigorous-intensity activity is when you can only say a few words before you have to take a breath.

The good news is that anything that gets you moving counts. Like cleaning the house, raking leaves, taking the stairs, or walking to your car. You don't have to do things that feel like exercise to get the benefits of physical activity.

Take the first step and get a little more active each day. Start with just five minutes. It all adds up!

SOURCES:

- <https://health.gov/news/announcements/2018/11/move-your-way-a-campaign-to-promote-the-updated-physical-activity-guidelines>
- <https://www.npr.org/sections/health-shots/2018/11/12/666744493/new-physical-activity-guidelines-urge-americans-move-more-sit-less>

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