

# PHYSICAL ACTIVITY – MOVE OFTEN!

*Revitalize Your Life: Embrace the Motion, Embody the Energy*



## ACTIVE LIVING



We are designed to move. Healthy bone, muscle and joint function depend on regular physical activity. This includes cardio, strength, and balance training. The Physical Activity Guidelines for Americans recommends 150 to 300 minutes of moderate intensity aerobic activity weekly for all adults, like brisk walking, biking, or dancing. In addition, strength training two days a week is advised. For older Americans, balance training with exercises like yoga and tai chi can decrease risk of falls. For children 3 to 5, three hours/day is recommended to enhance growth and development. For youth 6 through 17, a minimum of 60 minutes/day of moderate to vigorous activity is advised.



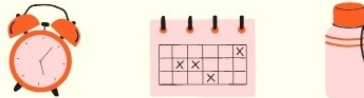
## MOVE WELL, LIVE WELL



It's not just physical fitness that improves with activity. Regular movement has been shown to reduce anxiety, improve blood sugar control, reduce blood pressure, and improve quality of sleep. In addition, long-term benefits include improvements in brain function (decreased risk of dementia), reduction in risk of cancer, heart disease, stroke, and all-cause mortality. If there was a medication that did all this, it would be a blockbuster billion-dollar drug!



## TAKING AN "ACTIVE BREAK" THROUGHOUT THE DAY



However, physical activity is available to all for free. The key is finding ways to fit it into your daily routine. If you can regularly go to a gym, wonderful. If not, it is mainly your creativity that may limit your options. You could park further away from your destination to force you to walk, take the stairs instead of the elevator, start your morning with some deep breathing and a dance to get you going, do chair exercises from YouTube during a break at work, or walk around your workplace with a colleague for a break or as a work meeting (your brainstorming may be more effective!). Active workstations may be an option for some, such as standing or treadmill desks. It is more effective if it is part of your daily routine.



## "GET ON YOUR FEET"



So, turn off your electronic devices, get up from your chairs, and move in a way that is doable and enjoyable for you. It can be even better if you move with someone, as now you are enhancing physical activity and social connection. For more information, or if you are unsure if certain activities are safe for you due to underlying health conditions, please contact your Partnership Health Center to make an appointment and review this with our providers.

