

Have Fun, Be Active!

By: Lauren Cooper

Let's get moving! Staying physically active is crucial to your health as it supports healthy weight and calorie balance. According to *World Health Organization.int*, physical activity shouldn't be confused with "exercise", as it is a sub-category of physical activity that is planned, structured and repetitive. Physical Activity is the movement of the body that releases energy out when playing, carrying house hold chores or engaging in recreational activities. This energy helps to burn off calories that are consumed when eating daily, making it very important to incorporate exercise in your lifestyle.

Implementing exercise daily or even weekly, can be a challenge, here are a few tips to help you get started, or to stay on track:

- Do exercise all at once or spread it out, example: moderate activity throughout the day such as brisk walking for 10 minutes, 15 minutes of bike riding after dinner and 5 minutes of sweeping in the home is easily 30 minutes for the day.
- If not active, start in small increments and build up to longer durations of activity.
- It is wise to include muscle building activities twice a week, such as hips, legs, back and chest exercises.
- Keep a journal of physical activity including when and how long.

Physical activity has a huge effect on one's health outcomes in various ways, such as:

- Improves muscular and bone function
- Reduces the chances of heart disease, stroke, diabetes, and various types of cancer
- Relieves stress and promotes better sleep
- Improves mental outlook and more endurance (not as tired easily)
- Improves range of motion and flexibility

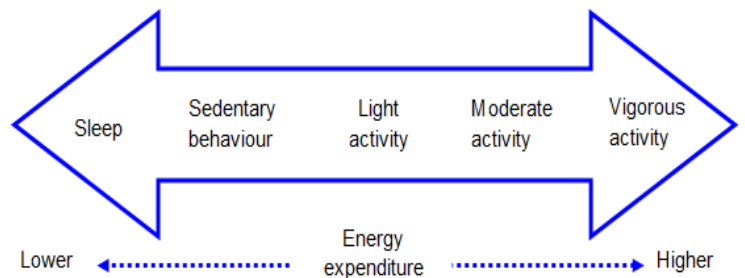
According to the World Health Organization, it is recommended that various age groups get a certain amount of activity to meet their needs:

Children & Adolescents 5 - 17 years

- 60 minutes of moderate to vigorous physical activity daily
- Activities should include muscle and bone strengthening at least 3 times a week

Adults 18 - 65 years

- 2 hours and 30 minutes of moderate – intense physical activity such as walking, cycling or doing a sport throughout the week
or 1 hour and 15 minutes of vigorous activity such as running, jogging or distance biking
- Muscle strengthening should be a focus



Adults 65 years or older

- 2 hours and 30 minutes of moderate – intense physical activity throughout the week or 1 hour and 15 minutes of vigorous activity such as running, jogging or biking.
- If you have poor mobility you should focus on doing activities that improve balance which helps prevent falls 3 or more days a week.
- Muscle activities should be done 2 or more days a week

I encourage you to do physical activity your way. The more you enjoy it the more likely you are able to continue with that activity or activities. Incorporating variety is key as different activities work different muscles. Choose something that builds cardiovascular endurance (running, distance biking), muscle strength (heavy gardening, working with resistance bands) bone strength (walking, tennis) and flexibility (stretching, yoga, dancing). Make it fun, make it work for you and get moving!

To learn more tips on how to eat healthy, incorporate physical activity and save money, consider attending a free local EFNEP (Expanded Food and Nutrition Education) series program.

For information regarding free classes contact:

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Sources:

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<https://www.who.int/news-room/fact-sheets/detail/physical-activity>

<https://news.harvard.edu/gazette/story/2017/11/study-shows-larger-health-benefit-from-physical-activity-than-previously-reported/>