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Healthy People
2020

Improving the health of Durham
& NC communities since 1989

January 2019

Healthy Sunday Topic: DON'T **FIND** THE TIME TO EXERCISE **MAKE** THE TIME TO EXERCISE.



Exercise is good for your mind as well as your body.

Exercise is not only good for your physical fitness; it is also good for your emotional and brain health. It helps improve your sleep, self-esteem, mood and ability to concentrate. Many studies show that exercise helps reduce anxiety and depression symptoms as well. And getting exercise for just 20 minutes, lifts your mood for 2 hours! Exercise helps the brain by increasing blood flow, thus increasing the supply of nutrients and oxygen to your body. The improved blood flow associated with exercise helps reduce inflammation, improves hormone balance and affects the chemical and hormonal messengers in the brain. Even after major surgery, getting out of bed sooner helps promote earlier recovery.

An important component of a healthy lifestyle includes exercise

Avoiding the temptation to sit and do nothing may add years to your life expectancy. As we get older there is always something that hurts. On the other hand, a little exercise yields big benefits.



George Brothers, MD

George Brothers, MD, a retired rheumatologist says, “Don’t give up on exercise as you get older; adjust how you exercise instead.” Instead of walking 30 minutes at one time, walk 15 minutes in the morning and 15 minutes in the evening.”

Don’t **FIND** the time to exercise **MAKE** the time to exercise!

It is easy to forget about exercising as we focus on our jobs and family in middle age. Many people abandon the exercise routine once they have children and start a career and never resume the exercise habit. That is a mistake. Strong evidence suggests that several of the health afflictions of middle age such as diabetes, heart disease, hypertension, osteoporosis, arthritis and depression can be delayed or avoided by committing to moderate exercise for 20 minutes a day in mid-life. Moderate physical activity is defined as walking at a 3 mile per hour pace, gardening, dancing, or bicycling at a 10 mile per hour pace. Make time for fitness during mid-life a priority.

REMEMBER the ABC’s

Adjust how you exercise as you age, **B**e active as you get older, and **C**hildren need 60 minutes of play with moderate to vigorous activity every day.

For More Information

- <https://blackdoctor.org/>
- <http://www.cdc.gov/>
- <https://www.helpguide.org/harvard.htm>

Please Donate: Community Health Coalition provides free health tips, free blood pressure checks, glucose screenings, community health education workshops, and a library of brochures and pamphlets about chronic diseases. Without donations from individuals like you, the Coalition will be forced to limit its current outreach efforts.

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Health Tip is a message from Community Health Coalition, Inc.

REMEMBER Healthy People 2020: A Clear Vision to Healthy Living!