

Community Health Coalition, Inc.

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Health Sunday Topic: Staying Physically Active!

The Importance of Exercise & Being Physically Active

“Exercise can increase life expectancy” stated **George Brothers, Jr., MD, and a Rheumatologist at Chapel Hill Internal Medicine.** He continued, “Keeping physically active can prevent major illnesses. People who exercise regularly, whether mildly, moderately, or vigorously add years to the average life and increase the quality of those years. Our children have become more sedentary watching TV and playing video games and should be encouraged to exercise also.”



George Brothers, Jr. MD

If you have not been physically active for a while, it is best to start slow and do it for short periods. As your body adjusts to being more active, you can increase your pace and the time you spend being active.

Examples of everyday activities that count include:

- Walking up stairs instead of using lifts
- Walking up moving escalators
- Walking instead of driving for short journeys or getting off the bus one or two stops earlier than usual
- Doing the housework at a quicker pace
- Gardening
- Increasing your activity time by 10 minutes.
- Working up to 25-30 minutes of aerobic activity, 4-5 days per week.
- Setting and scheduling a specific time with yourself to do your exercise, otherwise you will make excuses not to exercise.
- Wearing proper shoes to avoid foot and lower extremity muscle and ligament stress.
- Exercising with a partner and encouraging each other.



Members & friends of the Coalition walking the track!

Regular Exercise Can Do!

- Reduce your risk of getting type 2 diabetes
- Help to control diabetes and prevent long-term complications if you already have the condition
- Reduce your risk of developing coronary heart disease
- Increase levels of HDL ('good' cholesterol)
- Reduce high blood pressure
- Promote bone density to protect against osteoporosis
- Have beneficial effects if you have arthritis and lower back pain
- Reduce your overall risk of cancer, prevent bowel cancer and reduce the risk of breast cancer in women after the menopause



- Help to maintain a healthy weight in combination with a balanced diet
- Reduce the risk of death or poor health if you're already overweight or obese
- Reduce your risk of depression and dementia in later life
- Treat depression
- Help you to feel better about yourself and reduce stress
- Improve your sleep
- Help to promote healthy growth and development in children, as well as maintaining their energy balance, psychological wellbeing and social interaction

Lack of Exercise May Lead to:

- Diabetes
- Heart Disease (Cardiovascular problems)
- Obesity
- Anxiety and Depression
- High Blood Pressure

*Everyday Activity:
Gardening*



Remember the ABCs

Always strive to be positive; **B**e physically active; **C**ontrol the types and amounts of foods you eat.

For more information:

- www.americanheart.org
- www.eatright.org
- www.blackhealthcare.com
- [Durham Center for Senior Life](#) (Council for Senior Citizens) (919) 688-8247
- [Durham YMCAs](#) (YMCA of the Triangle Area, Inc.) (919) 667-9622

A Message from your Community Health Coalition in partnership with North Carolina Mutual Life Insurance Company, the Interdenominational Ministerial Alliance of Durham and Vicinity, Central Carolina Black Nurses' Council Inc., and Durham Regional Hospital.

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