

Community Health Coalition, Inc.



Healthy People
2020

Improving the health of Durham
& NC communities since 1989

Community Health Coalition, Inc.

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Date: January 26, 2014

**Healthy Sunday Topic: Take Advantage of the Preventative and Healing Benefits
Of Exercise**



George Brothers, Jr., MD, and a Rheumatologist at Chapel Hill Internal Medicine asks, “Have you ever thought of an exercise routine as the equivalent of taking a medication?” He continues, “If not, change your attitude and take advantage of the preventive and healing benefits of physical activity. Exercise of any variety and of any duration is better than none, but, the more intense and the longer the duration of your exercise session the better. Your attitude determines success in exercise and all endeavors.”

Exercise can be as effective as medicine for reducing mortality in stroke and coronary artery disease as reported in a 2013 British Medical Journal article. Even exercising for periods of time as short as ten minutes, if done vigorously, carries benefit. Out of shape volunteers who ran on a treadmill for 4 minutes three times per week for 10 weeks increased their endurance and exercise capacity by 10% as well as improving blood sugar control and blood pressure profiles. In general the more the effort the more the gain in health benefit regardless of how long one exercises. So “I don’t have enough time to exercise” is no longer an excuse not to exercise. Just get started. Doing some exercise is better than no physical activity when it comes to a longer healthier life.

Web Resources

www.NIHseniorhealth.gov

www.YouTube.com/BeFit

www.YouTube.com/FitnessBlender

www.WebMD.com



The bottom line on exercise

Exercise and physical activity are a great way to feel better, gain health benefits and have fun. As a general goal, aim for at least 30 minutes of physical activity every day. If you want to lose weight or meet specific fitness goals, you may need to exercise more. Remember to check with your doctor before starting a new exercise program, especially if you have any health concerns.



Pretty in Red event where CHC volunteers and staff participated in Zumba

Remember your ABC's

Aim for at least 30 minutes of physical activity every day,

Be active, and

Check with your doctor before starting a new exercise program especially if you have any health concerns.

Health Tip is a message from your Community Health Coalition, Inc. and is written in partnership with **Central Carolina Black Nurses' Council Inc.**, **The Interdenominational Ministerial Alliance of Durham and Vicinity**, and **Duke Regional Hospital**.

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