

January Health Tip 2020 – Commit to Be Fit with Heathy Habits

Create a new ***Habit*** – and ***Change*** your life – Incorporate Exercise into your day. Physical activity is good for us at all ages and stages of our lives. It is clear that exercise helps childhood growth and development, it helps prevent disease, reduce severity of disease and it helps us feel and function better too. Not only does exercise make us physically stronger, it helps improve self-esteem, reduce anxiety and reduce depression. Exercise can also help us recover from surgery and illness earlier. You can **feel** some of the benefits of exercise right away, and you can **see** the benefits of exercise over time.

According to the Physical Activity Guidelines for Americans:

- Preschool-Aged Children – should participate in active play throughout the day
- Children and Adolescents – should do 60 or more minutes of moderate to vigorous physical activity daily
- Adults – should do physical activity that gets their heart beating faster at least 150 minutes a week AND do exercise that makes their muscles work harder at least two days a week
- Older Adults – should be as physically active as their conditions and abilities allow and incorporate balance training exercise as well



Mary Fox Braithwaite, MD, pediatrician says: You can make a healthy change at any age. It is never too late to be a healthier you. Making a healthy change may not only **extend** your life – it may improve your **quality** of life.

We often think of weight loss as the goal of exercise. However, we can feel disappointment or frustration when we start exercising and don't see a significant weight loss. Don't be discouraged!

Commit to Be Fit with Heathy Habits

Focus on the tremendous benefits of exercise – such as better sleep, increased energy and enhanced brain power. Avoiding overeating has the greater impact on weight.

Be sure to set small, short term goals since these are easier to stick with and achieve. For example, you may decide to climb one flight of stairs each day for a week or to take a 10-minute walk at lunchtime for two weeks. These short-term goals may become a new healthy habit.

It is important to be safe during physical activity. Choose exercise that is appropriate for your current fitness level. Over time your exercise can gradually increase in intensity and duration. An appropriate starting point and gradual increases in activity can help reduce your risk for injury. If you are in doubt about what you can do, talk with your doctor before you start.



Seniors of the Durham Community Committing to Be Fit!

Remember Your ABC's:

Acquire a short-term exercise goal for yourself,

Begin that plan right away,

Call on others to join you, and

Don't be discouraged – getting started is the hardest part!

For More Information

- <http://www.cdc.gov/physicalactivity>
- <http://healthychildren.org>

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Thank you.

Health Tip is a message from Community Health Coalition, Inc. and is written in partnership with



Message from Duke Energy: Moderate activity such as brisk walking, running, and bicycling are a few examples of exercises that can get your heart beating faster. However, remember to avoid downed power lines when jogging or walking in the neighborhood.