



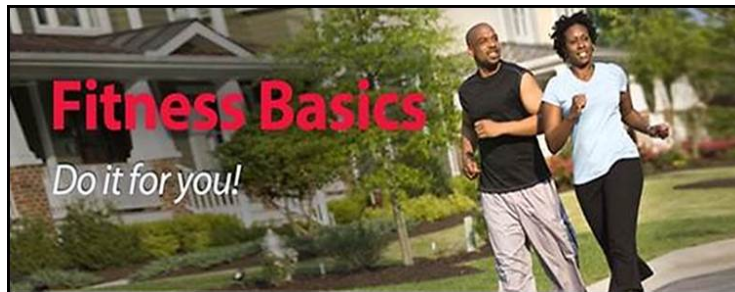
2016 Education Series

Get Active, Feel Great!

Why Be Active?

Did you know?

- **1 out of 3** adults are *obese* or *overweight*
- **Sedentary jobs have increased 83% since 1950!**
- *Inactivity* leads to an increased risk of preventable, **chronic health problems?**



Benefits of regular **physical activity** include:

- **Improved Mood**
 - Physical activity **stimulates** various brain chemicals that leave you feeling **happier** and more **relaxed**.
- **Enhances Overall Health**
 - Being active **boosts** high-density lipoprotein (HDL) “**good**” cholesterol, **decreases** unhealthy **triglycerides** and **lowers blood pressure**.
- **Boosts Energy**
 - Exercise and physical activity **deliver oxygen and nutrients to your tissues** and help your cardiovascular system work more **efficiently**, giving you more **energy**.
- **Promotes Better Sleep**
 - Regular physical activity can help you **fall asleep faster** and **deepen your sleep**.

http://www.heart.org/HEARTORG/HealthyLiving/PhysicalActivity/StartWalking/American-Heart-Association-Guidelines_UCM_307976_Article.jsp#.V6n-ejHTGuk

American Heart Association Physical Activity Recommendations



The American Heart Association Recommendations for Physical Activity in Adults

For Overall Cardiovascular Health:

At least **30** minutes of moderate-intensity aerobic activity At least **5** days per week for a total of **150** minutes



OR

At least **25** minutes of vigorous aerobic activity At least **3** days per week for a total of **75** minutes



or a combination of the two

AND

Moderate to **HIGH INTENSITY** muscle-strengthening activity At least **2** days per week for additional health benefits



For Lowering Blood Pressure and Cholesterol:

An average of **40** minutes of moderate- to vigorous-intensity aerobic activity **3-4** days per week



heart.org/activityrecommendations

Get Active The *Easy* Way!



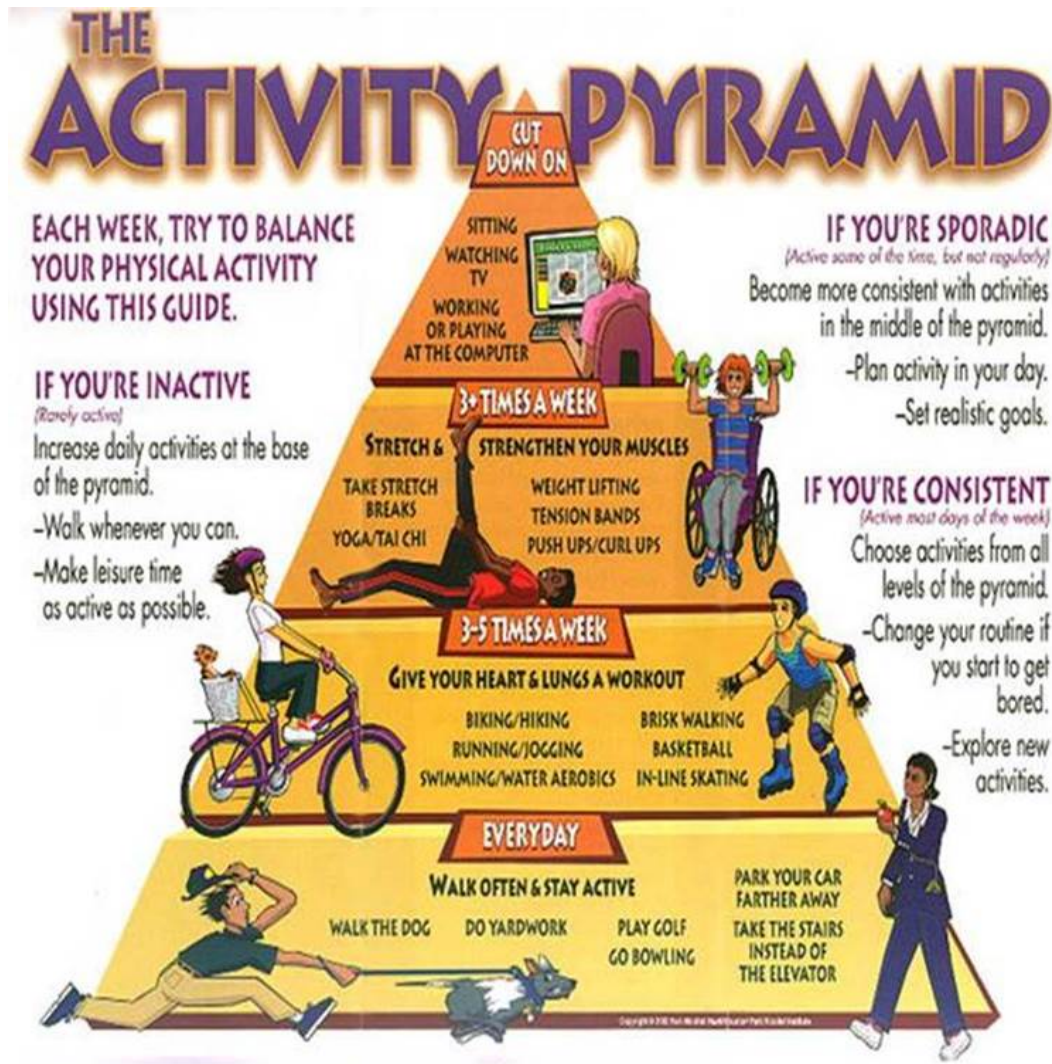
Get your steps in!

Any movement you add in during any part of your day, makes a **big difference** – Each activity counts toward your recommended 150 minutes per week!

Our *favorite* ways to get moving every day:

- ♥ Quickly move through the aisles in the grocery store. Include the aisles you have no purchases on, use them to ‘weave’ your way through the store instead of a straight line
- ♥ Take the dog around the block after work. No pet? Walk around the block at least one time after arriving home and before you go into the house.
- ♥ March in place at your desk
- ♥ Pause for a moment and stretch your shoulders, chest and lower back – this is *especially* important for people with desk jobs!
- ♥ Get a headset for your office phone so you can stand up and move during phone calls

Check out this great info-graphic for ideas to **add more movement** to your day-to-day **routine!**



You Can Be Active Starting Today!

- Set a *reachable* goal
- Increase activity time as you get stronger
- Do what you can everyday – even ten minutes of activity, at a time, can make a *giant* difference!
- If you are new to exercise, walking is a *gentle* way to build up endurance for other types of activity.
- *Consult with your Physician for activity recommendations and medical care as needed.*
- Encourage friends and family to join you.
- Have fun!

REMEMBER:
Stretch
Often!

*“Exercise is not a punishment for what you ate,
but instead, a celebration of what your body can do!”*

Thank You!

**“Healthy You, Healthy Us”
CFH Wellness Program**

Juli ♦ Janice ♦ Audrey

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**“Be Your Super Hero” 2016
If not now, when?**