THE POWER OF MOVEMENT!
Why you need to be physically active and what you can do to start.

I WANT YOU TO GET SOME EXERCISE
52% of adults do not get enough exercise.

70% of high school students are inactive and don’t get at least 60 minutes of exercise daily.

Adults who are inactive have a higher risk for early death due to conditions like heart disease, stroke, type 2 diabetes, depression, and some cancers (CDC, 2014).
**THE PHYSICAL INACTIVITY CYCLE**

**EARLY CHILDHOOD**
- 30% of children are obese

**ADOLESCENCE**
- Misses school 2 days higher than average
- Lower test scores
- $2,741 per year higher health care costs
- 1 week per year of extra sick days taken

**ADULTHOOD**
- 5.3 million premature deaths/yr. due to inactivity

**PHYSICALLY INACTIVE CHILDREN**

**PRESCHOOLERS WITH INACTIVE PARENTS ARE FAR LESS LIKELY TO BE ACTIVE**

- 2X as likely to be obese as adults

(Sarah C., 2012)
Don’t Be A Couch Potato!

OH YOU GOING TO THE KITCHEN?

COULD YOU MAKE ME A SANDWICH?
LIFETIME BENEFITS OF PHYSICAL ACTIVITY

ACTIVE PARENTS ASSOCIATED WITH ACTIVE CHILDREN

CHILDREN OF ACTIVE MOMS ARE 2X AS LIKELY TO BE ACTIVE

MAY LIVE 5 YEARS LONGER

Reduced risk of heart disease, stroke, cancer, diabetes

Physically active children

Up to 1/10th as likely to be obese
40% higher test scores
Less likely to smoke, become pregnant
15% more likely to go to college
Saves up to $2,741 per year in health costs

Early Childhood > Adolescence > Adulthood

(Sarah C., 2012)
Physical Activity is a No-Brainer!

* Helps you lose or control your weight
* Reduces your risk of high blood pressure, heart attack, and stroke
* Reduces your risk for type 2 diabetes
* Reduces your risk of certain cancers
* Strengthens your bones and muscles
* Improves your mood
* Increases the likelihood of living a longer more active life

(CDC, 2011)
Get moving and improve your health!
WELL THEN

LET'S GET STARTED
Physical activity is anything that gets you moving and your heart rate up. According to the 2008 Physical Activity Guidelines for Americans, you need to do both aerobic activity and muscle strengthening activities each week to improve your health (CDC, 2011).
Examples

Aerobic Activity
* Focuses on heart & lung strength.
* Example: Jogging, dancing, swimming, jumping rope

Muscle Strengthening
* Focuses on strength building.
* Example: Weightlifting, body weight exercises, push-ups
The CDC recommends at least:

* 2 hours and 30 min moderate activity (like walking) a week, or 21 minutes a day.
* 1 hour and 15 min vigorous activity (like jogging/running) a week, or 10 minutes a day.
* Longer exercise = more health benefits!!

(CDC, 2011)
* Strength Training is Important!

* Helps the growth and maintenance of both muscle mass and strength
* Helps lower blood pressure and cholesterol levels
* Helps maintain bone density that prevent fractures
* Get 2 or more days of muscle strengthening exercise a week

* Slowly increase amount of weight used and number of reps over time
THE ACTIVITY PYRAMID

EACH WEEK, TRY TO INCREASE YOUR PHYSICAL ACTIVITY USING THIS GUIDE. HERE'S HOW TO START...

IF YOU ARE INACTIVE
(Rarely do activity)
Increase daily activities at the base of the Activity Pyramid by
- taking the stairs instead of the elevator
- hiding the TV remote control
- making extra trips around the house or yard
- stretching while standing in line
- walking whenever you can

IF YOU ARE CONSISTENT
(Active most of the time, or at least four days each week)
Choose activities from the whole pyramid by
- changing your routine if you start to get bored
- exploring new activities

ABOVE ALL... HAVE FUN AND GOOD LUCK!

IF YOU ARE SPORADIC
(Active some of the time, but not regularly)
Become consistent with activity by increasing activity in the middle of the pyramid by
- finding activities you enjoy
- planning activities in your day
- setting realistic goals

EVERYDAY
(WALK TO THE STORE OR THE MAILBOX
WALK THE DOG
TAKE LONGER ROUTES
TAKE THE STAIRS INSTEAD OF THE ELEVATOR)

BE CREATIVE IN FINDING A VARIETY OF WAYS TO STAY ACTIVE

AEROBIC EXERCISE
(20+ MINUTES)
BRISK WALKING
CROSS-COUNTRY SKIING
BICYCLING
SWIMMING

LEISURE ACTIVITIES
GOLF
BOWLING
SOFTBALL
YARDWORK

FLEXIBILITY AND STRENGTH
STRETCHING/YOGA
PUSH-UPS/CURL-UPS
WEIGHT LIFTING

RECREATIONAL
(30+ MINUTES)
SOCCER
HIKING
BASKETBALL
TENNIS
MARTIAL ARTS
DANCING

WATCHING TV
COMPUTER GAMES
SITTING FOR MORE THAN 30 MINUTES AT A TIME

CUT DOWN ON
* **Easy ways to get active**

* Start walking with a friend or group everyday
* Take the stairs
* Utilize your school or employer’s fitness facilities
* Walk or bike to work or school
* Become a member at a gym
Get Started!

The CDC website offers great resources and videos to get started.

* Instructional Videos from the CDC
* Example Routines
* Physical Activity Guidelines for Children

* Children ages 6-17 years need at least 60 minutes of physical activity a day.

* Running
* Walking
* Riding a bicycle
* Swimming
* Gymnastics
* Push-ups
* Jumping rope
* Sports teams
* Limit TV and electronic time to no more than 2 hours a day.
* Push for daily physical education and adequate time for recess in schools
* Make daily physical activity part of your family’s routine.
*The bottom line is.......*

*YOU need to be active!*

*YOU need to make positive changes to be healthy and live a longer, fuller life!*

*YOU need to get moving!*

~It is always best to consult your doctor before beginning an exercise program, especially if you have a chronic health condition.~


