

Physical Activity

At least 52% of adults in Nebraska participated in activities meeting the requirements for moderate and/or vigorous physical activity in a usual week, such as brisk walking.

You don't have to be as fit as a professional athlete to benefit from physical activity. Aim for a total of 150 minutes of moderate physical activity each week. A total of 30 minutes of physical activity on most days can help you reach this goal and can greatly improve your health.

A growing number of Americans are overweight or obese. Being overweight or obese increases your risk of heart disease, type 2 diabetes, high blood pressure, stroke, arthritis and some cancers.

Physical Activity Guidelines

2 hours and 30 minutes (150 minutes) of <u>mild/moderate-intensity aerobic activity</u> (i.e. brisk walking) every week and
<u>muscle-strengthening activities</u> on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms).

OR

1 hour and 15 minutes (75 minutes) of <u>high/vigorous-intensity aerobic activity</u> (i.e. jogging or running) every week and
<u>muscle-strengthening activities</u> on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms).

OR

An equivalent mix of mild/moderate- and high/vigorous-intensity <u>aerobic activity</u> and
<u>muscle-strengthening activities</u> on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms).

Moderate physical activity - causes small increases in breathing or heart rate. A person should be able to talk, but not sing, during the activity.

Vigorous physical activity - causes large increases in breathing or heart rate. A person will not be able to say more than a few words without pausing for a breath during the activity.

Benefits of Physical Activity:

- Improves your mood
- Helps you look better
- Helps you sleep better
- Gives you more energy
- Helps you handle stress well
- Helps maintain a healthy weight

(more on back)

Be Active // Be Healthy

- Lowers high blood pressure
- Reduces anxiety and depression
- Helps keep your bones, muscles, and joints healthy
- Reduces your risk of dying from heart disease or stroke
- Lowers your risk of getting heart disease, colon cancer, and diabetes

Getting Started:

If you're not active at all or have a medical problem, talk with your health care provider first. Start your program with short sessions (5 to 10 minutes) of physical activity and build up to your goal. Before you start your activity, be sure to warm up.

Drink water before, during, and after you are active. At the end of your activity, cool down by decreasing the intensity of your activity so your heartbeat is normal. Be sure to stretch afterwards.

If your chest feels tight or painful, or if you feel faint or have trouble breathing at any time, stop the activity right away and talk to your health care provider.

Steps to Get You Moving:

1. Choose activities that are fun
2. Change your activities so you don't get bored
3. Try gardening, yard work and walking the dog
4. Wear a pedometer and try to get even more steps than the day before
5. Doing housework may not be fun, but it does get you moving!
6. If you can't set aside one block of time, try short bouts of activity during the day
7. Create chances to increase activity, such as taking the stairs instead of the elevator, parking your car further away, or walking down the hall to talk to a coworker instead of using e-mail

Every Woman Matters Can Help You Get Active:

The Every Woman Matters Program can help you receive a free or low-cost health exam that includes educational opportunities related to changing and maintaining healthy behaviors such as being physically active and eating a healthy diet. In addition to breast and cervical cancer screenings, clients ages 40 through 74 are eligible for height, weight, waist circumference, blood pressure, blood cholesterol and diabetes screening. Clients screened for heart disease and diabetes can receive information and support related to improved nutrition, increased physical activity, and tobacco cessation.

Resources:

Healthier U.S.gov

www.healthierus.gov

President's Council on Physical Fitness & Sports

www.fitness.gov

Obesity Education Initiative, National Heart, Lung, & Blood Institute

www.nhlbi.nih.gov/about/oei

Nebraska Nutrition & Activity for Health

www.dhhs.ne.gov/nafh

For More Information:

Nebraska Department of Health and Human Services

Office of Women's and Men's Health

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www.dhhs.ne.gov/womenshealth and www.dhhs.ne.gov/menshealth