



Moving more might save your life!

Physical activity is one of the most positive things you can do to improve your health. Plenty of evidence proves it's critical for proper development, important to maintain as an adult, and also a vital part of healthy aging. Being active doesn't just help avoid obesity; it comes with countless benefits, like preventing chronic diseases, improving sleep, reducing depression, and just feeling better in general.

Adults should get at least 150 minutes of activity every week, but only about half of us do. The Centers for Disease Control and Prevention estimate that proper exercise could prevent 1 in 10 premature deaths; 1 in 8 cases of breast cancer; 1 in 12 cases of diabetes; and 1 in 15 cases of heart disease.

Children and adolescents should be encouraged to be as active as possible, and are recommended to get 60 minutes every day of moderate or vigorous exercise. Swapping indoor activities for outdoor fun is important, especially during the summer, and can help cut down on screen time.

There's really no wrong way to get more exercise. Different activities work best for different people. Some like to form habits, while others want to keep things new and interesting. Balance aerobic exercise with other activities that can strengthen your muscles and bones. Exercise devices like step counters and smart watches have become more common and less expensive, allowing people to pay more attention to the exercise they're getting.

Common reasons people give for not being active are not having enough time or energy, and not being able to afford a gym membership. It can be tough sometimes, but if you're feeling stressed out or lazy, one of the best things you can do is get up and move around. And there are plenty of ways to be active and have fun without spending money.

WoodCountyHealth.org/activity is a website that lists all sorts of free resources. Check out all the parks across the county and in our cities and villages for places to spend time outdoors. You can also get information about different programs, fitness groups and community events centered around being active. If you know you need to get more exercise, start with a small goal you can achieve!

Source: Centers for Disease Control and Prevention