

# HealthMatters

AN EVERSIDE HEALTH & WELLNESS RESOURCE | 2021

## Choose to move more every day



Our bodies need a combination of physical activity, purposeful exercise and proper rest. Too much or too little of any of these areas can lead to risks to our health and well-being.

### Physical activity

Physical activity includes most activities throughout the day other than sitting or lying down, such as running errands, playing with pets, and some types of recreation. Maintaining activity throughout the day, regardless of formal “exercise” time, has been shown to be a very important factor in preventing disease and injury.

### Exercise

Exercise is a type of physical activity that is typically planned, structured and repetitive, and is a challenge to the body. It aims to improve or maintain areas of physical fitness such as heart health or muscle strength and endurance. As opposed to some activities that use the same muscles in repetitive motions (i.e. physical

labor jobs), exercise balances out the body. Elevating heart rate improves your energy level, or “stamina,” and improves cardiovascular health. Muscle strengthening exercises increase endurance and decrease your risk of injury. Regular exercise is proven to help prevent and manage diseases, maintain healthy body weight, and improve mental health, quality of life and well-being.

### Rest

Rest is an important component in wellness and physical fitness. During this period, the body responds to the challenges from exercise. This is the time when the body makes progress and improvement. Prolonged activity with insufficient rest prevents growth and increases risk of injury.

### Don't be an “active couch potato”

An active couch potato refers to someone who is inactive for the majority of the day, even though they get in 30 minutes of exercise on most days. Active couch potatoes spend most their time sitting during work (and commuting to and from work), leisure time and while eating meals. They're almost completely physically inactive throughout the day, with the exception of their daily exercise.

# Types of movement

## Cardiovascular training

Cardio type exercise is aimed at strengthening your heart. This type is also known as aerobic because it requires oxygen and increases the delivery of oxygen throughout the body. As little as 15 minutes per day can support a healthy heart. However, the following guidelines are the minimum amount recommended for health benefits:

### How much?

Adults: 150 minutes of moderate-intensity activity per week or 75 minutes of vigorous exercise per week.

Children and adolescents: at least 60 minutes of moderate to vigorous activity daily.

## Strength training

Strength training is a form of physical activity that is designed to improve muscular strength and endurance. This can be accomplished using body weight, resistance bands, free weights, or weight machines. Maintaining muscle mass helps avoid injury, sustain mobility, and enjoy freedom of movement without assistance.

**How much?** American College of Sports Medicine (ACSM) recommends training all major muscle groups at least twice per week, with 8 to 12 repetitions of 8 to 10 different exercises for healthy adults.

## Flexibility training

Stretching keeps muscles flexible, strong, and healthy to avoid joint or muscle injury. Flexibility exercises examples include stretching, yoga, and tai chi.

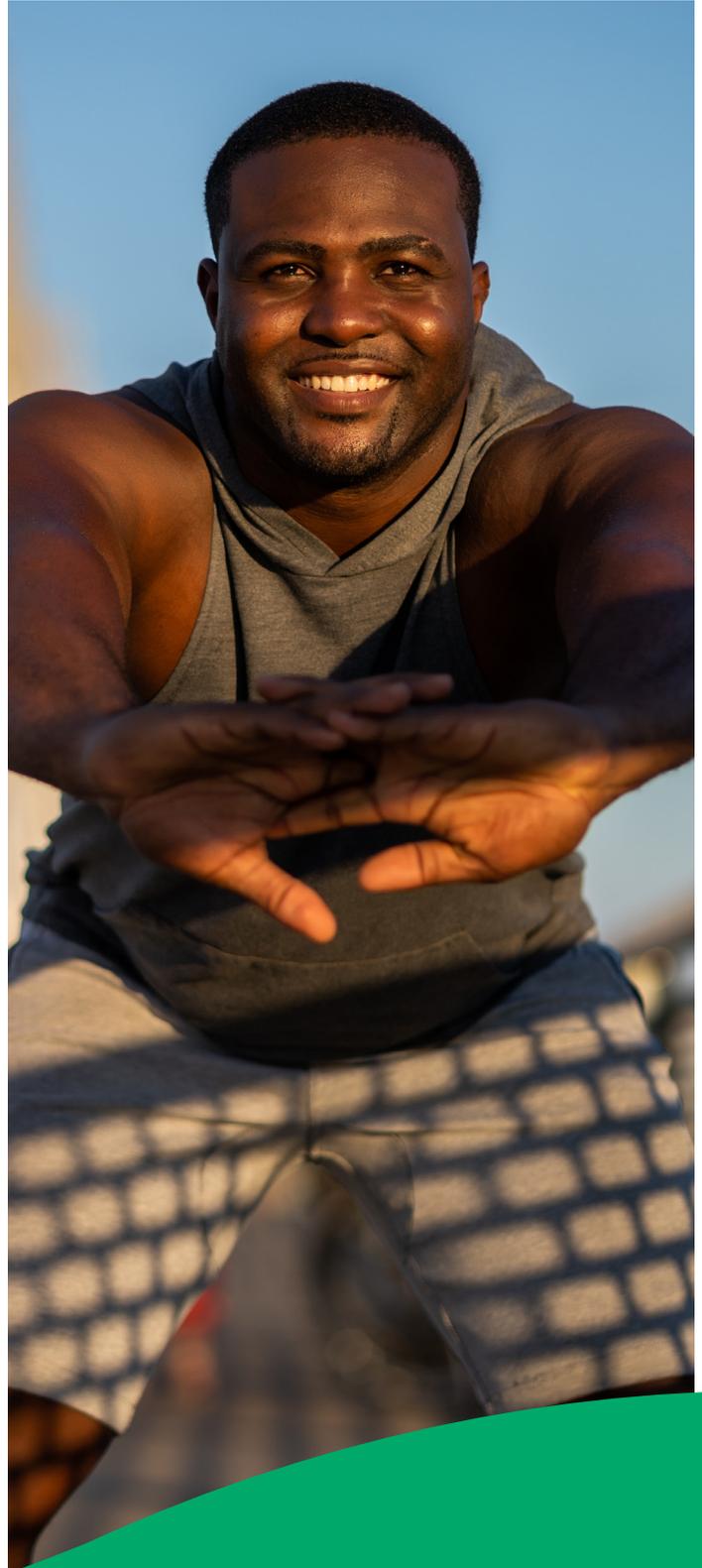
**How much?** American College of Sports Medicine (ACSM) experts recommend flexibility exercises for all major muscle groups, including shoulders, neck, chest, back, legs, at least two to three times a week.

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## Check with your provider!

If you're new to exercising, ask your provider for guidance on what forms of exercise are right for you. Discuss appropriate time and intensity levels that may be safe and effective for you, while taking your specific conditions and fitness level into account.

World Health Organization, CDC, ACE (American Council of Exercise), British Journal of Sports Medicine



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