



MOVE MORE: CORE TO OVERALL HEALTH



How much exercise is recommended?



Raise your heart rate:

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

For additional health benefits, increase moderate-intensity physical activity to 300 minutes per week.

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



Strength train all major muscle groups at least twice per week.



Stretch to keep muscles flexible, strong, and healthy and help avoid injury.

Did you know?

Insufficient physical activity is one of the leading risk factors for chronic disease and



LIFESTYLE BEHAVIOR: PHYSICAL ACTIVITY

Physical Activity Versus Exercise

Physical activity is any movement that requires energy expenditure – including activities while working, playing, doing household chores, travelling, and engaging in recreation.

Exercise is a type of physical activity that is planned, structured, repetitive, and aims to improve or maintain one or more components of physical fitness.

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.

Research shows both exercise and overall physical activity are very important in preventing and managing chronic diseases and maintaining our overall wellness.

Exercise is vital to maintaining and improving physical health and well-being. Elevating heart rate improves your energy level, or "stamina," and improves cardiovascular health. Muscle strengthening exercises increase endurance and decrease your risk of injury.

Overall physical activity includes most activities throughout your day other than sitting or lying down. Prolonged sedentary time and increased duration of sitting, especially for uninterrupted periods, creates higher health risks.

MEDSS lifestyle focus areas are a “prescription” for a healthier life and improved well-being.

The majority of chronic conditions can be prevented through the following interconnected healthy behaviors. These core healthy lifestyle choices all work together to create a healthier you.



Moving More has profound effects on the other MEDSS areas:



Eat & Drink Healthy Physical activity:

- Regulates insulin, which keeps our blood sugar level in check
- Improves self-control and reduces food cravings
- Speeds up weight loss along with a healthy diet
- Maintains muscle mass when losing weight



Don't Use Tobacco Physical activity:

- Decreases weight gain associated with quitting tobacco
- Reduces withdrawal effects and cravings
- Improves mood
- Reduces strength of desire to smoke



Sleep Soundly Physical Activity:

- Can dramatically improve the quality of sleep, especially when done on a regular basis
- Increases sleep duration
- Bolsters sleep by tiring you out
- May reduce risk for developing sleep disorders, such as sleep apnea and restless leg syndrome
- Especially helpful to exercise outdoors and let your body absorb natural sunlight during the daytime hours



Stress Well Physical activity:

- Affects your mood in a positive way by relieving tension, anxiety, anger, and mild depression
- Reduces levels of the body's stress hormones, such as adrenaline and cortisol
- Stimulates the production of endorphins, chemicals in the brain that are the body's natural painkillers and mood elevators
- Creates similar benefits as meditation by concentrating on the rhythm of repetitive body movements
- Provides calmness and clarity
- Improves self-image and provides a sense of pride and self-confidence
- Enables your mind to think creatively to solve problems

TIP! Exercise may also help reset the sleep wake cycle by raising body temperature slightly, then allowing it to drop and trigger sleepiness a few hours later.

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.

Sources: WHO, CDC, HealthyPeople.gov, Sleep.org, Healthline, American Institute for Cancer Research, UptoDate, acefitness.org