



## JOAG Tip of the Month

January 2019

### The Basics:

- Everyone should try to avoid sitting for long periods of time.
- Kids ages 3-5 should be active for about **3 hours a day**.
- Kids ages 6-17 should be active for **1 hour a day**, and should perform muscle-strengthening and bone-strengthening exercises **3 times a week**.
- Adults should get at least **150 minutes** of moderate activity or **75 minutes** of vigorous activity weekly, and perform muscle-strengthening exercises **2 times a week**.
- Older adults should focus on activities that **improve balance**.
- Pregnant and postpartum women should follow the adult guidelines for moderate activity or if they were previously doing vigorous activity before pregnancy, they can continue that during pregnancy.

# Meeting the New National Physical Activity Guidelines



### Motivate yourself:

- Make a goal and share it with friends.
- Exercise with others to make it more fun and more of a commitment.
- Even a short activity is better than nothing. If you end up with less time or energy to work out than you planned, just do what you can.
- Take frequent breaks while sitting to walk around the building, do pushups in your office, or stand while working at a computer.
- Set your watch's timer for 150 minutes and count it down throughout the week whenever you squeeze in some exercise. 30 minutes a day is great, but any combination works!

**Anything that gets your heart beating faster counts, even if it's just for a few minutes at a time.**

- Take the stairs.
- Race to the car or bus with your kids.
- Get up and exercise during commercial breaks.
- Have a dance party in the house.
- Walk the dog at a brisk pace.
- Join a sports team, or sign up for a recreational class.
- Take a family walk after dinner.

**You'll receive lots of short term benefits from regular exercise:**

- Better sleep.
- Better ability to concentrate
- Improved mood.
- Decreased anxiety and depression.
- Kids get better grades.
- Older adults stay sharper when faced with dementia, Parkinson's, or other conditions.

For more information or ideas go to: <https://health.gov/moveyourway/> and <https://health.gov/paguidelines/second-edition/>

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