



Fall into Fitness

Week 1 Newsletter

Congratulations on taking the first step to improve your health by joining **Fall into Fitness Move More Challenge**. This newsletter provides you with tips to help you collect challenge points and enjoy physical activity as part of your daily routine.

Health Benefits of Physical Activity

DYK? A single bout of moderate to vigorous physical activity provides immediate benefits for you health.



1. Sleep

⇒ Improves sleep quality

2. Less Anxiety

⇒ Reduces feelings of anxiety

3. Blood pressure

⇒ Reduces blood pressure

Adults need at least **150 minutes of moderate intensity activity every week**, such as brisk walking. You can spread your activity out during the week such as being active for 30 minutes, 5 times a week. You can even break it up into smaller amounts of time during the day.

For more information visit: <https://www.cdc.gov/physical-activity-basics/benefits/>

Getting Started!

If you have not been physically active in a while, you may wonder how to get started again. Here are some tips:

- Look for opportunities to reduce sedentary time and to increase active time. For example, instead of watching TV, take a walk after dinner.
- Set aside specific times to make physical activity part of your daily or weekly routine.
- Start with activities, locations, and times you enjoy.
- Try activities with members of your household for motivation and mutual encouragement.

When beginning physical activity start slowly and gradually increase your level of activity.

*If you have a chronic health condition such as arthritis, diabetes, or heart disease, talk with your doctor before starting an exercise program.

Overcoming Exercise Obstacles



Common excuses keep many people from the benefits of exercise. Here's how to overcome these barriers and enjoy being more active.

“I don't have time to exercise.” “Exercise is boring.”

Does this sound like you? If you've used these or similar excuses to avoid exercise, you're not alone. Here's a list of some common barriers to exercise and some ways to overcome them.

- 1. No time.** Find ways to work in physical activity into your every-day life. Park further away from destination. Take the stairs instead of the elevator.
- 2. No motivation.** Sign a contract with a clear description of your goal and how you'll meet it. Putting it in writing makes your goal more formal and significant.
- 3. Lack of support from family and friends.** Tell your family or friends that you want to be more active. Ask them to support your efforts. Get your family and/or friend to exercise with you.
- 4. It's boring.** Choose an activity you enjoy.
- 5. Fear of injury.** Talk to your doctor first to get the go-ahead to exercise. If it has been some time since you've exercised regularly, start out slowly so you don't get hurt

Did you know?

**Walking up stairs
burns 5 times
more calories
than riding an
elevator.**

How much physical activity do children need?



Preschool-Aged Children (ages 3 through 5 years)

Preschool-aged children (ages 3 through 5 years) should be physically active throughout the day for growth and development.

School-Aged Children and Adolescents (ages 6 through 17 years)

Children and adolescents ages 6 through 17 years should do 60 minutes (1 hour) or more of moderate-to-vigorous intensity physical activity each day, including daily aerobic – and activities that strengthen bones (like running or jumping) – 3 days each week, and that build muscles (like climbing or doing push-ups) – 3 days each week.

For more information:
Belinda Rayner, Public Health Educator II
910-814-6196