



## The Importance of Physical Activity

*World Health Organizations Recommendations*

Physical activity is defined as any bodily movement produced by skeletal muscles that requires energy expenditure. Physical inactivity (lack of physical activity) has been identified as the fourth leading risk factor for global mortality (6% of deaths globally). Moreover, physical inactivity is estimated to be the main cause for approximately 21–25% of breast and colon cancers, 27% of diabetes and approximately 30% of ischaemic heart disease burden.



- Adults aged 18–64 should do at least 150 minutes of moderate-intensity aerobic physical activity throughout the week or do at least 75 minutes of vigorous-intensity aerobic physical activity throughout the week or an equivalent combination of moderate- and vigorous-intensity activity.

Moderate Intensity Physical Activity	Vigorous Intensity Physical Activity
Requires a moderate amount of effort and noticeably accelerates the heart rate.	Requires a large amount of effort and causes rapid breathing and a substantial increase in heart rate.
Examples Include:	Examples Include:
Brisk Walking	Running
Dancing	Walking/Climbing briskly up a hill
Gardening	Fast Cycling
Housework and domestic chores	Aerobics
Traditional hunting and gathering	Fast Swimming
Active Involvement in games and sports with children/ walking domestic animals	Competitive sports and games (e.g. football, volleyball, basketball, hockey)
General building tasks (e.g. roofing, painting)	Heavy shoveling or digging ditches
Carrying/moving moderate loads (<20kg)	Carrying/moving heavy loads (>20kg)

- Aerobic activity should be performed in bouts of at least 10 minutes duration.
- For additional health benefits, adults should increase their moderate-intensity aerobic physical activity to 300 minutes per week, or engage in 150 minutes of vigorous-intensity aerobic physical activity per week, or an equivalent combination of moderate- and vigorous-intensity activity.
- Muscle-strengthening activities should be done involving major muscle groups on 2 or more days a week.

Strong evidence demonstrates that compared to less active adult men and women, individuals who are more active:

1. have lower rates of all-cause mortality, coronary heart disease, high blood pressure, stroke, type 2 diabetes, metabolic syndrome, colon and breast cancer, and depression;
2. are likely to have less risk of a hip or vertebral fracture;
3. exhibit a higher level of cardiorespiratory and muscular fitness; and are more likely to achieve weight maintenance, have a healthier body mass and composition.
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# HealthyBy Choice

...One Day at a Time



## National Immunization Month

Adults need to get vaccines just like kids do. Make sure you are up to date on your shots.

Vaccines help protect you against diseases that can be serious and sometimes deadly. Many of these diseases are common.

Even if you got all your vaccines as a child, you still need vaccines as an adult. The protection from some vaccines can wear off over time. Also, as you get older, you may be at risk for other illnesses, like shingles.

Getting vaccines doesn't just protect you – it also protects the people around you. Some people in your family or community may not be able to get certain vaccines because of their age or health condition.

- **Get a flu vaccine every year.** The seasonal flu vaccine is the best way to protect yourself and others from the flu.
- **Get the Tdap** shot to protect against tetanus, diphtheria, and whooping cough (pertussis). Everyone needs to get the Tdap shot once, and pregnant women need a dose during every pregnancy.
- After you get a Tdap shot, **get a Td shot** every 10 years to keep you protected against tetanus and diphtheria.
- If you are age 60 or older, **get shots for older adults.** Older adults need shots to protect against diseases like pneumonia and shingles.
- Ask your doctor if there are any other shots you need to stay healthy



*Be Health Wise...Immunize!*

