

HealthyBy Choice

...One Day at a Time

Volume 13, Issue 7 • July 2018



Physical Activity for Your Health and Wellbeing

Adults should get at least two and a half hours (150 minutes) each week of moderate-intensity aerobic physical activity. You need to do this type of activity for at least 10 minutes at a time as intervals shorter than this do not have the same health benefits. Adults should also do strengthening activities, like push-ups, sit-ups and lifting weights, at least two days a week.

Aerobic Activities: Aerobic activities require moderate physical effort and include, but are not limited to: biking slowly, canoeing, ballroom dancing, general gardening, using your manual wheelchair, arm cycling, walking



briskly, and water aerobics. Examples of vigorous activities are basketball, jumping rope, running or bicycling on hills, soccer, swimming laps, and martial arts.

Not sure whether you are at a moderate or vigorous activity level? Try the talk test. If you can talk while you are active, then you are participating at a moderate level. If you can only say a few words without stopping to catch your breath, then you are engaging in vigorous activity.

Muscle-Strengthening Activities: Strengthening activities work all the major muscle groups - legs, hips, back, chest, stomach, shoulders, and arms. These activities include, but are not limited to: lifting weights, push-ups, sit-ups, and working with resistance bands. Don't have weights? Common household items such as bottled water and soup cans can also be used.

Bone-Strengthening Activities: Bone-strengthening activities produce a force on the bones that promotes bone growth and strength. This force is commonly produced by impact with the ground. The good news: bone-strengthening activities can also be aerobic and muscle-strengthening like running, jumping rope, basketball, tennis, and hopscotch.

For people who are inactive, even small increases in physical activity are associated with health benefits.

Among adults and older adults, physical activity can lower the risk of:

- Early death
- Coronary heart disease
- Stroke
- High blood pressure
- Type 2 diabetes
- Breast and colon cancer
- Falls
- Depression

Among children and adolescents, physical activity can:

- Improve bone health
- Improve cardiorespiratory and muscular fitness
- Decrease levels of body fat
- Reduce symptoms of depression
- Improve cognitive skills
- Improve ability to concentrate and pay attention



Get active...stay active...live active!



HealthyBy Choice

...One Day at a Time



July is UV Safety Month

The sun's ultraviolet (UV) rays can damage your skin in as little as 15 minutes. Follow these recommendations to help protect yourself and your family.

Shade

You can reduce your risk of skin damage and skin cancer by seeking shade under an umbrella, tree, or other shelter before you need relief from the sun. Your best bet to protect your skin is to use sunscreen or wear protective clothing when you're outside—even when you're in the shade.

Clothing

When possible, long-sleeved shirts and long pants and skirts can provide protection from UV rays. Clothes made from tightly woven fabric offer the best protection. A wet T-shirt offers much less UV protection than a dry one, and darker colors may offer more protection than lighter colors. Some clothing certified under international standards comes with information on its ultraviolet protection factor.

If wearing this type of clothing isn't practical, at least try to wear a T-shirt or a beach cover-up. Keep in mind that a typical T-shirt has an SPF rating lower than 15, so use other types of protection as well.

Hat

For the most protection, wear a hat with a brim all the way around that shades your face, ears, and the back of your neck. A tightly woven fabric, such as canvas, works best to protect your skin from UV rays. Avoid straw hats with holes that let sunlight through. A darker hat may offer more UV protection.

If you wear a baseball cap, you should also protect your ears and the back of your neck by wearing clothing that covers those areas, using a broad spectrum sunscreen with at least SPF 15, or by staying in the shade.

Sunglasses

Sunglasses protect your eyes from UV rays and reduce the risk of cataracts. They also protect the tender skin around your eyes from sun exposure.

Sunglasses that block both UVA and UVB rays offer the best protection. Most sunglasses sold in the United States, regardless of cost, meet this standard. Wrap-around sunglasses work best because they block UV rays from sneaking in from the side.

Sunscreen

Put on broad spectrum sunscreen with at least SPF 15 before you go outside, even on slightly cloudy or cool days. Don't forget to put a thick layer on all parts of exposed skin. Get help for hard-to-reach places like your back. And remember, sunscreen works best when combined with other options to prevent UV damage.



Be Sun Smart!!!

