

## May: Exercise and Physical Activity



There are 1,440 minutes in every day. Do you schedule 30 of them for physical activity! If not, you should! Regular exercise is a very important part of staying healthy. People who are active live longer and feel better. Exercise can also help you maintain a healthy weight and blood pressure and can delay or prevent diabetes, some cancers and heart problems.

Most adults need at least 30 minutes of physical activity at least five days per week. Examples include walking briskly, mowing the lawn, housework, dancing, swimming for recreation or bicycling. Stretching and weight training can also strengthen your body and improve your fitness level.

The key to increasing your physical activity is finding the exercise that is right for you and making it part of your daily life. If it is fun, you are more likely to keep doing it. You may want to walk with a friend, join a class or plan a group bike ride. If you have been inactive for awhile, use a sensible approach and start out slowly. If you are over 69 years of age or have a pre-existing heart, joint, or lung condition, it is best to speak with your physician before starting an exercise program.

Here are a few places to visit for ideas about starting an exercise program.

- [Be Active Your Way: A Guide for Adults](#) (Dept. of Health and Human Services)
- [Physical Activity for Everyone](#) (Centers for Disease Control and Prevention)

Also available in [Spanish](#)

- [Tips to Help You Get Active](#) (National Institute of Diabetes and Digestive and Kidney Diseases))

Another idea is to join a wellness center. Public Health's Healthy Lifestyle Center (HLC) at Elizabeth Place offers fitness services and wellness classes to people over 15 years of age. Convenient and affordable, the HLC provides a safe, supportive, and nurturing environment. Unlike most fitness clubs, monthly membership dues are based on a sliding fee scale based on your household income with rates ranging from \$10 to \$25 a month.

The Center has certified fitness instructors who can help you develop an exercise program. Members are able to use the fitness equipment and get personal instruction. Members are also able to participate in instructor led exercise classes like low impact aerobic and yoga.

For more information about the Healthy Lifestyle Center, please call 224-3819, visit the Center at One Elizabeth Place, W. Medical Plaza, Lower Level, Dayton, Ohio 45408 or [click here](#).

