

May is National Physical Fitness & Sports Month. Physical activity is necessary for both the body and the mind and offers numerous health benefits. Those who move more show improved blood pressure and sugar numbers, decreased risk of heart disease and cancer, improved sleep, and enhanced mood. The ability to move should be celebrated and embraced by both the young and old.

Fitness Facts:



ONLY 1 IN 4 ADULTS FULLY MEET THE PHYSICAL ACTIVITY GUIDELINES FOR AEROBIC AND MUSCLE-STRENGTHENING ACTIVITIES.



ABOUT 31 MILLION ADULTS AGED 50 OR OLDER ARE INACTIVE, MEANING THEY GET NO PHYSICAL ACTIVITY BEYOND THAT OF DAILY LIVING.

Physical Activity Guidelines:

- Youth ages 6-17 need 60 minutes of moderate to vigorous physical activity daily including muscle-strengthening exercises.
- Adults need 150 minutes of moderate intensity aerobic activity each week AND muscle-strengthening activity at least 2 days per week. Or cut this in half by doing 75 minutes of vigorous intensity activities per week.

Moderate Intensity

(You breathe harder but can still have a conversation during the activity)

- Brisk walking (4 mph)
- Bicycling (10-12 mph)
- Doubles tennis
- Yardwork (raking leaves, mowing lawn)
- Cleaning heavy (vacuuming, mopping)

Vigorous Intensity

(You are only able to say a few words without resting to catch your breath)

- Running (6 mph)
- Bicycling (14-16 mph)
- Swimming laps
- Playing singles tennis
- Hiking
- Shoveling

Tips to Remain Active



1

Choose activities you enjoy. **Move your way!** There are many options to choose from and some you may already be doing.



2

Start slow. If you are not currently active, start with just a few minutes every day and increase the time every couple of days. Small changes add up and so do the benefits. And most activities can be adapted to fit any of your physical needs.



3

Make a plan to stay on track. You can divide the 150 minutes per week any way you want. Consider mixing different activities to work different muscles and improve balance.



4

Add muscle strengthening activity 2 times per week. Use weights or resistance bands or get creative with household items, such as a 5 pound bag of potatoes or milk gallons filled with water. Building muscle is good for your bones and burns more calories over time.



5

Get active together. Choose an exercise buddy to help keep you both accountable. Choose activities you can do as a family, and set an example for your children.



6

Stay active at your desk. Get up every hour and stretch or do a couple minutes of jumping jacks. Walk during your lunch break. Keep water at your desk and take breaks to walk to the furthest bathroom.



7

Add extra steps to your day:

- Use the stairs instead of elevators.
- Walk instead of sit or while watching your children play sports.
- Park further away from the entrance at a store or workplace.
- Avoid sitting while making a phone-call.
- Use your bike instead of your car to run errands.

#ibpwellnesstips
Healthier Together

Source: Hhs.gov/fitness, Fitness.gov,
Health.gov, Cdc.gov.

Please note that this tip sheet is
educational and not intended for diagnosis
and/or treatment. Discuss any symptoms
you have with a physician.