Benefits of Increasing Physical Activity

In medicine, there is no magical cure-all. But if there were one, physical activity would be it. No other therapy provides as many health befits! Unfortunately, many Americans still aren't moving enough to reap the rewards. Don't let that be you. Take a step toward better heart health and get started today!

Don't forget to bring your family with you; there's strength in numbers. Plus, physically active parents can model heart-healthy lifestyle behaviors for their children. And research shows physically active children become physically active adults.

Regular physical activity has amazing benefits. Here are just a few:

- Physical activity helps you live longer and prevent many chronic diseases, such as heart disease, high blood pressure, abnormal blood lipid (cholesterol and triglyceride) profile, stroke, type 2 diabetes, metabolic syndrome, and colon and breast cancers.
- Physical activity improves cardiorespiratory and muscular fitness.
- Physical activity raises your metabolism and helps you lose weight more easily (or eat more without gaining weight).
- Physical activity helps reduce stress, anxiety, and depression and improve your mood.

Food is the most abused anxiety drug. Exercise is the most underutilized antidepressant.

- Physical activity helps maintain brain function in older adults.
- Physical activity increases bone density.
- Physical activity helps you age more gracefully by maintaining your looks and your agility.
- Physical activity improves sleep quality.
- Physical activity improves your overall quality of life.

What other "prescription" costs so little, yet has the potential to help you become more confident, well-rested, independent, graceful, regular, mentally stable, happier, leaner, healthier, and fit?

LET'S GET MOVING →

Be sure to check out the City of Xenia Health & Wellness Webpage at :

http://www.ci.xenia.oh.us/571/Health-Wellness

On the webpage you will find helpful information and links focusing on your health & your wellness!

BEFORE GETTING STARTED - A WORD OF CAUTION

You should always speak to your doctor before you change, start, or stop any part of your healthcare plan, including physical activity or exercise. Reading health and exercise information online may be helpful, but it cannot replace the professional diagnosis and treatment you might need from a qualified healthcare provider.

Tips for Increasing Physical Activity

Choose activities that you enjoy and can do regularly. Fitting activity into a daily routine can be easy — such as taking a brisk 10 minute walk a few times a day. Or, join an exercise class. Keep it interesting by trying something different on alternate days. Every little bit adds up and doing something is better than doing nothing.

Make sure to do at least 10 minutes of activity at a time, shorter bursts of activity will not have the same health benefits. For example, walking the dog for 10 minutes before and after work or adding a 10 minute walk at lunchtime can add to your weekly goal. Mix it up. Swim, take a yoga class, garden or lift weights.

More ways to increase physical activity

- Go for a family walk after dinner. Push the baby in a stroller or walk the dog.
- Park as far from the door as possible when out shopping.
- Take the stairs instead of the elevator.
- Clean the house or wash the car.
- Do stretches, exercises, or pedal a stationary bike while watching television.
- Mow the lawn with a push mower.
- Play with the kids — go for a bike ride, tumble in the leaves, go roller skating, build a snow-man, splash in a puddle, or dance to favorite music.
- Exercise to a workout video.
- Replace a coffee break with a brisk 10-minute walk. Ask a friend to go with you.
- Get Outdoors—Walk, jog, skate, canoe, row or kayak

Most important— Have fun while being active!

There are 1,440 minutes in a day. Can't you spare 30 of them for exercise?

This Month's Healthy Recipe: Roasted Veggie Penne

Ingredients:

- 2 medium zucchini - 2 medium red or yellow peppers - 3 c. broccoli florets
- 1 medium red onion - 2 clove garlic   - 1 tbsp. extra-virgin olive oil
- 12 oz. whole-grain penne - 1 can crushed tomatoes - 2 oz. Pecorino cheese

Directions:

Heat large pot of salted water to boiling on high. Preheat oven to 450 degrees F.

In large bowl, combine zucchini, peppers, broccoli, onion, garlic, and oil. Divide among two 18- by 12-inch jelly-roll pans. Sprinkle with 1/2 teaspoon salt. Roast 15 to 20 minutes or until browned and tender, stirring once.

While vegetables cook, add penne to boiling water. Cook as label directs. Reserve 1/2 cup cooking water. Drain pasta and return to pot.

To pasta, add tomatoes, Pecorino, basil, crushed red pepper, roasted vegetable mixture, and 1/8 teaspoon salt. Stir to combine, adding cooking water if necessary. Cook on medium 2 minutes.

TRY IT!

Download "Map My Walk" to your mobile device to track and record your activity.

mapmy⊙walk