



# MOVE MORE

It's no secret: the more active we are, the more **well** we are. The positive effects of exercise are plentiful ~ healthy weight, strong body, disease prevention, improved mood, AND it can be just plain fun!

## The Facts:

- The President's Council on Physical Fitness and Sports says that only 25% of high-school aged children receive enough daily exercise.<sup>1</sup>
- Children who watch more TV, eat fewer family meals and live in neighborhoods perceived by their parents as less safe for outdoor play, are more likely to be overweight.<sup>2</sup>
- Adults exercising just 90 minutes per week or 15 minutes per day, had a 14% reduced risk of mortality and a 10% lower risk of cancer death compared to with those who were inactive.<sup>3</sup>
- Studies show physical exercise among adults over 50 helps to delay age-related disabilities, plays a large role in treating cardiovascular and other chronic diseases and improves mental capacity.<sup>4</sup>

## GETTING YOUR FAMILY TO MOVE MORE:

1. **Build physical activity into your entire day.** *\*The Centers for Disease Control recommends 60 minutes per day for children and adolescents. Consider walking 15 minutes to the bus-stop in the morning, working in the yard for 15 minutes in the afternoon, 15 minutes of playing catch after school and a 15 minute family walk or bike ride after dinner. By planning movement activities on your family calendar, they are less likely to get pushed aside.*
2. **Find Variety and Balance.** Use different activities to keep your family interested, and to gain strength, endurance *and* flexibility.
3. **PLAY together!** Connect with each other and disconnect from electronics. Plan a game of flag football with neighbors, hike or bike our wonderful new trail system – the possibilities and potential for fun are endless. *\*Remember to always pair exercise with a healthy diet for peak performance. Do not reach for junk food afterward – offer water and whole food snacks instead.*

<sup>1</sup> Krista Sheehan, "Percentage of Kids Who Don't Exercise", June 14, 2011, [www.livestrong.com](http://www.livestrong.com)

<sup>2</sup> Gable, S Chang Y, Krull JL, "Television Watching and Frequency of Family Meals Are Predictive of Overweight Onset and Persistence in a National Sample of School-Aged Children", *Journal of the American Dietetic Association* Volume 107, Issue 1, Pages 53-61, January 2007

<sup>3</sup> Wen CP, et al "Minimum amount of physical activity for reduced mortality and extended life expectancy: a prospective cohort study" *Lancet* 2011; DOI: 10.1016/S0140-6736(11)60749-6.

<sup>4</sup> Biomechanics and Physiology of Movement Research Group (Public University of Navarre) in collaboration with the University of Tras-os-Montes e Alto Duoro (Portugal) and the Federal University of Rio Grande del Sur (Brazil), [www.truemd.com](http://www.truemd.com), April 2, 2012

