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OFFICE FOR THE AGING & CONTINUING CARE**

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Physical Activity and Exercise

Physical Activity and Exercise are both important factors in remaining healthy. Physical Activity is what you do throughout the day — shopping, making the bed, cooking, doing laundry — any activity that uses a major muscle group. The United States Office of Disease Prevention and Health Promotion recommends **150 minutes** of moderate intensity-aerobic activity per week, such as brisk walking or dancing. In addition, adults need muscle-strengthening exercises such as arm curls while holding a 1lb. weight, push-ups or resistance band training at least two days a week.

Remember to incorporate exercise from each of the following types: flexibility, strengthening and endurance to achieve a well-rounded routine. Alternate exercises by doing legs one day and then arms and upper body another day, to avoid sore muscles or injury.

The most important thing to remember is “**Move More and Sit Less.**” Try to stand or move for one minute every hour. This will help you break the habit of sedentary behavior and reduce the risk of heart disease. Remember a minute of activity can make a world of difference, and it is a great way to get started. Remember you crawl, then walk and run!

Physical activity helps to reduce the risk of heart disease, as previously stated but it also helps increase muscle strength, aids in digestion, improves sleep, lowers the risk of falls, improves balance and helps keep our minds sharp. In addition, physical activity can prevent bladder, esophageal, endometrium, kidney, stomach, lung breast and colon cancers. Physical activity and exercise also reduce the risk of dementia and Alzheimer’s disease, heart disease and bone loss. Physical activity and exercise will also help to improve diseases associated with chronic pain and aid in increased mobility and reduction of pain.

So get up out of that chair and move! Do it for your heart and loved ones!

For additional information on successfully beginning an exercise routine or ways to increase opportunities for physical activity, consider taking an “Active Living Every Day” class. Call 315-798-5456 for the Living Healthy NY Program.

It only takes a minute to improve your health!

Article submitted by Carol Nettleton, OFA/OCC Aging Services Program Coordinator-Health Promotion Program