

Physical Activity for Overall Health and Wellness

As we follow the Coronavirus Disease 2019 (COVID 19) recommendations of the Centers for Disease Control and Prevention, we must remain mindful of the importance of making informed food choices, embracing sound eating and physical activity habits. The “2015-2020 Dietary Guidelines for Americans” provides recommendations for regular physical activity. Physical activity simply means movement of the body that uses energy. Some examples of physical activity are walking, jogging in place, dancing, playing, yoga, pushing a baby stroller, climbing stairs, cleaning house, cleaning garage, Zumba, container gardening, weightlifting, crunches, planks, pushups, lunges, burpees, single-leg deadlifts, and glute bridge to name a few. Physical activity is one of the most important things you can do to promote overall health and wellness.

The recommended Guidelines are:

Children younger than age 6

- Should do physical activity appropriate for their age and stage of development.

AGE 6 to 17 Years

- Children and adolescents need 60 minutes or more of physical activity daily to include aerobic, muscle-strengthening, and bone-strengthening.
- Most of the 60 minutes should be either moderate or vigorous intensity aerobic physical activity and should include vigorous intensity physical activity at least 3 days a week.
- Muscle strengthening physical activity on at least 3 days of the week
- Bone strengthening at least 3 days of the week.
- Activity Appropriate for age, enjoyable and offer variety.

Age 18-64 Years

- Avoid physical inactivity
- Some physical activity is better than none, and adults who participate in any amount of physical activity gain some health benefits.
- Adults need 150 minutes or more of physical activity a week of moderate-intensity or 75 minutes a week of vigorous-intensity aerobic physical activity or an equivalent combination of both. Aerobic activity should be performed for a period of at least 10 minutes, and preferably, it should be spread throughout the week.
- Muscle-strengthening activities that involve all major muscle groups on 2 or more days a week

65 Years and Older

- Older adults should follow the adult guidelines. When they cannot meet the adult guidelines, they should be as physically active as their abilities and conditions will allow.
- Older adults should do exercises that maintain or improve balance if they are at risk of falling.
- Older adults should determine their level of effort for physical activity relative to their level of fitness.
- Older adults with chronic conditions should understand whether and how their conditions affect their ability to do regular physical activity safely.

Sources:

<https://health.gov/our-work/food-nutrition/2015-2020-dietary-guidelines/guidelines/appendix-1/>
<https://health.gov/our-work/food-nutrition/2015-2020-dietary-guidelines/guidelines/>
<http://www.physicalactivityplan.org/media/faqs-pa.html>



Moderate physical activity such as brisk walking is safe for most people. The Physical Activity Readiness Questionnaire (PAR-Q) developed by the Canadian Society for Exercise Physiology guides people's decision to talk to their doctor.

http://www.csep.ca/CMFiles/publications/GAQ_ReadinessFormAndRefDoc_4pages.pdf

However, health experts suggest that you talk to your doctor before starting an exercise program.

The following are links to physical activity websites:

BabyROO Online – Baby Exercise

https://www.youtube.com/watch?v=SjJWA7e_m00

Trolls: Can't Stop The Feeling/GoNoodle

<https://www.youtube.com/watch?v=KhfkYzUwYFk>

Kids Workout 1 Beginners

https://www.youtube.com/watch?v=L_A_HjHZxfl

Move and Freeze

<https://www.youtube.com/watch?v=388Q44ReOWE>

Walk At Home: Walk 15/ 1 Mile Walk Exercise

<https://www.youtube.com/watch?v=tW9IY48x1bc>

5 of the Easiest Exercises You Can Do at Home

<https://www.youtube.com/watch?v=pS7ohY02Bz8>

Easy Exercise You Can Do At Home

<https://www.youtube.com/watch?v=EF1uCNjXvfM>

Seniors 15-minute Sample Workout for Older Adults

<https://www.youtube.com/watch?v=Ev6yE55kYGw>

Resources:

<https://health.gov/our-work/food-nutrition/2015-2020-dietary-guidelines/guidelines/>

https://health.gov/sites/default/files/2019-09/Physical_Activity_Guidelines_2nd_edition.pdf

<https://www.health.harvard.edu/healthbeat/do-you-need-to-see-a-doctor-before-starting-your-exercise-program>