



## Importance of physical activity

### Why is regular physical activity important?

Regular physical activity can improve health and reduce the risk of premature death in the following ways:

- Builds and maintains healthy bones and muscles
- Helps to achieve and maintain a healthy weight
- Helps reduce the risk of developing obesity and chronic disease such as diabetes and cardiovascular disease
- Lowers both total blood cholesterol and triglycerides and increases high-density lipoproteins (HDL or the "good" cholesterol)
- Reduces feelings of depression and anxiety
- Promotes psychological well-being and reduces feelings of stress

### What is recommended for physical activity?

Children and teens should get at least 60 minutes of physical activity a day. For adults it differs according to goals:

- To reduce risk of disease: 30 min.
- To maintain weight: 60 min.
- To sustain weight loss: 60-90 min. a day

### What are the components of physical activity?

There are 5 components of physical activity. They include:

- Cardio respiratory endurance
- Muscular Strength
- Muscular Endurance
- Body Composition
- Flexibility

#### Did you know?

Walking uses almost all 650 muscles and 203 bones in the body - more than any other sport.

### What should I do if I have been inactive for a while?

Before you begin any exercise routine, consult your physician.

Begin by choosing moderate-intensity activities you enjoy the most. Gradually build up the time spent doing the activity by adding a few minutes every few days or so until you can comfortably do 30 minutes per day.

As this becomes easier, gradually increase either the length of time or the intensity of the activity. In addition, vary your activities, both for interest and to broaden the range of benefits.

Most importantly, reward and acknowledge your efforts.

### What can walking do for me?

Studies show that walking can:

- Reduce the risk of cancer of the colon, coronary heart disease and stroke
- Lower blood pressure
- Reduce high cholesterol and improve blood lipid profile
- Reduce body fat and control body weight
- Increase bone density which helps prevent osteoporosis
- Reduce the risk of non insulin dependant diabetes
- Help flexibility and coordination, reducing the risk of falls



## Types of physical activity

- Washing and waxing a car for 45-60 minutes
- Washing windows or floors for 45-60 minutes
- Playing volleyball for 45 minutes
- Gardening for 30-45 minutes
- Wheeling self in wheelchair for 30-40 minutes
- Walking 1.5 miles in 35 minutes (20 min/mile)
- Basketball (shooting baskets) for 30 minutes
- Bicycling 5 miles in 30 minutes
- Dancing fast (social) for 30 minutes
- Pushing a stroller 1.5 miles in 30 minutes
- Raking leaves for 30 minutes

### **For More Information:**

Call the Sedgwick County Health Department at 660-7300.

Or visit our website at [www.sedgwickcounty.org](http://www.sedgwickcounty.org).

- Walking 2 miles in 30 minutes (15 min/mile)
- Water aerobics for 30 minutes
- Swimming laps for 20 minutes
- Wheelchair basketball for 20 minutes
- Basketball (playing a game) for 15-20 minutes
- Bicycling 4 miles in 15 minutes
- Jumping rope for 15 minutes
- Running 1.5 miles in 15 minutes (10 min./mile)
- Shoveling snow for 15 minutes
- Stair walking for 15 minutes