

FOR IMMEDIATE RELEASE

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Movement Wins in the New Physical Activity Guidelines

With all the fitness fads and conflicting health advice flooding our news feeds, it can be hard to catch people's attention with the physical activity messages that matter. The Move Your Way campaign can help!

This campaign was developed to share key recommendations from the second edition of the Physical Activity Guidelines for Americans, released in November 2018. Rather than a one-size-fits-all approach, Move Your Way emphasizes personalized, practical strategies that people can use to fit more activity into their busy lives, while clearly communicating the amount and types of physical activity Americans need to stay healthy.

Key Aspects of the Guidelines

- Additional health benefits related to **brain health, 6 additional cancer sites, and fall-related injuries**;
- **Immediate** and **longer term** benefits for how people feel, function, and sleep;
- New evidence shows that physical activity can help **manage more health conditions** that Americans already have;
- Risks of sedentary behavior and their relationship with physical activity—**move more and sit less**;
- Guidance for **preschool children** (ages 3 through 5 years) has been added—should be active throughout the day to enhance growth and development, aiming for 3 hours per day;
- Recommended daily amount of physical activity for **youth ages 6 through 17 continues at 60 minutes** of moderate-to-vigorous activity;
- Recommended amount of physical activity for **adults remains 150 to 300 minutes** of moderate-intensity aerobic activity and **at least 2 days** of muscle-strengthening activity;
- We now know that **any amount of physical activity has some health benefits** which leads to the elimination of the requirement for physical activity of adults to occur in bouts of at least 10 minutes; and
- **Tested strategies** that can be used to get the population more active
 - For example:

At the individual level: Peer- or professional-led groups, support from others, and using technology to track physical activity can improve physical activity levels.

At the community level: Schools and workplaces can implement policies that encourage activity, and community leaders can work to ensure access to safe places indoors or outdoors to be physically active.

Local *Stay Strong, Stay Healthy* Course Could Be Your WAY to Move

We have something fun planned to get you moving! The Stay Strong, Stay Healthy program will be taking place across the Wildcat District. This eight-week program is built on simple, strength-building exercises that will improve balance, health and state of mind. No, it's not difficult or complicated, you will start at a level that's right for you. No one is too inactive to participate. Building strength promotes quality of life and independence, especially for adults over 60.

Class meets for one hour, two times each week at only \$20 for the eight-week series, pre-registration is required. Upcoming Wildcat District classes are as follows:

Pittsburg: Tuesdays and Thursdays starting January 8th, at 10am

Neodesha: Mondays and Wednesdays starting January 14th, at 9:30am

Coffeyville: End of January-March 2019

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