

Health and Well-Being

This month's focus is MOVE!

Physical activity is any form of exercise or movement of the body that uses energy. Some of your daily life activities—doing active chores around the house, yard work, walking the dog—are examples.

It is recommended that children ages 6-17 get 60 minutes of physical aerobic activity daily, and 30 minutes daily for adults ages 18-64.

Of course the more the better and for those of us that sit at a desk all day, studies show that standing up once every hour to be more effective than walking on a treadmill for 15 minutes for cardiovascular and metabolic change. This is a small change that can make a difference. Sitting for extended periods of time is an independent risk

factor for poor health and premature death, even if you are very fit.

Physical activity is critical for overall health at every age, but today America's youth are less active than ever before. Encourage your kids to get outside and away from the screens at least once a day for some physical exercise, rain or shine!

(Sources: www.fitness.gov, Dr. Joan Vernikos, former director of NASA's Life Sciences Division)

*** recommended book: [Sitting Kills, Moving Heals](#), By Joan Vernikos*

Blessings and good health,
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