

PHYSICAL EDUCATION

Physical activity is defined as any bodily movement produced by skeletal muscles that results in energy expenditure.

Exercise is a subset of physical activity that is planned, structured, repetitive, and purposeful movement, aimed to improve one or more components of physical fitness.

Physical fitness includes cardiorespiratory fitness, muscle strength, body composition, and flexibility. It comprises a set of attributes that people have or achieve that relates to the ability to perform physical activity.

NATIONAL HEALTH CONCERNS: Why Aren't We Moving?

Given the numerous health benefits of physical activity, the hazards of being inactive are clear. Physical inactivity is a serious, nationwide problem.

Adults

- More than 60 percent of adults do not achieve the recommended amount of regular physical activity. In fact, 25 percent of all adults are sedentary.
- Inactivity increases with age and is more common among women than men.

Adolescents and Young Adults

- Nearly half of young people aged 12 to 21 are not vigorously active on a regular basis.
- Physical activity declines dramatically with age during adolescence.
- Female adolescents are much less physically active than male adolescents.

Courtesy: Centers for Disease Control



WHY IS EXERCISE AMAZING?

Older Adults: No one is ever too old to begin exercising. Studies show older adults who participate in muscle strengthening exercises can reduce the risk of injuries related to falls and can sustain a higher quality of life by keeping their independence.

Parents: Parents can be great role models by engaging in physical activity, as well as planning family events that include opportunities for everyone to be active.

Teenagers: Regular physical activity at a young age builds lean muscle and strong bones, improves strength and decreases body fat. These benefits have been known to last a lifetime.

Dieters: Regular exercise burns calories and helps maintain muscle mass. Exercising along with a well rounded diet is essential for effective weight loss and maintenance.

REGULAR PHYSICAL ACTIVITY BENEFITS PEOPLE WITH...

Heart Disease: By reducing the chance of dying from heart disease, lowering blood pressure, and has even been shown to reverse heart disease.

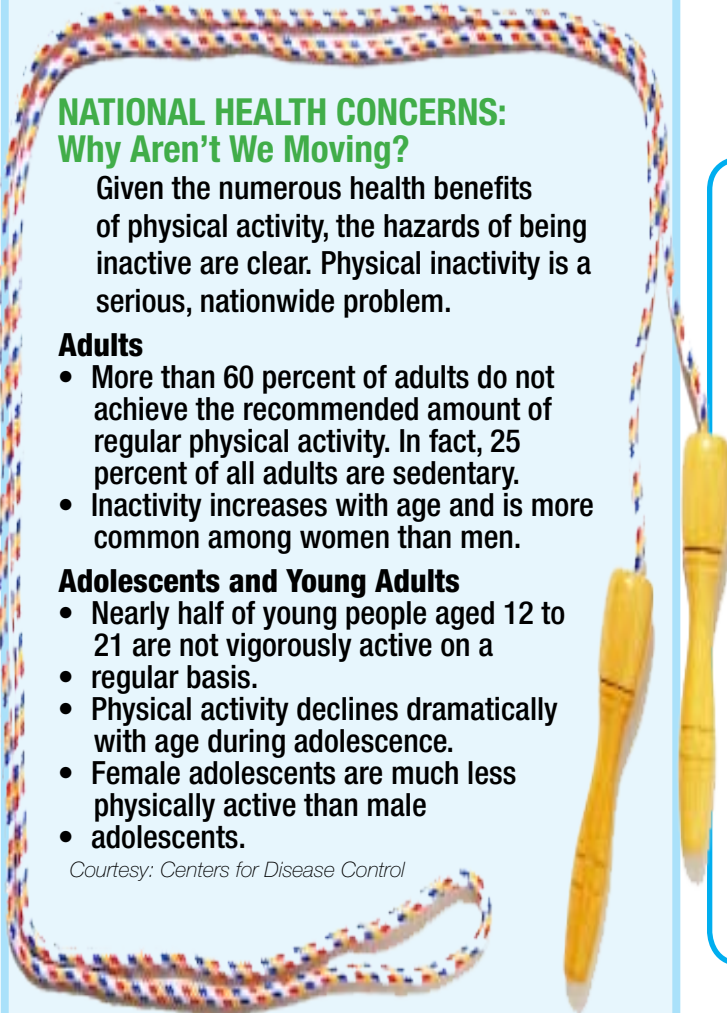
Diabetes: By helping to better regulate blood sugar levels and even prevent the onset of Type II Diabetes.

High Cholesterol: By helping to lower cholesterol. Specifically, it can decrease bad (LDL) cholesterol, and increase good (HDL) cholesterol.

Anxiety or Depression: By improving mood, helping to relieve depression, and increasing feelings of well being.

Arthritis: By helping to control joint swelling and pain. Physical activity has not been shown to cause arthritis.

Disabilities: By helping people with chronic, disabling conditions improve their stamina and muscle strength. Studies also discovered improvements in psychological well-being and quality of life.



THE EXERCISE CHALLENGE

Countless studies indicate exercise can decrease disease, and can improve overall quality of life, yet many Americans do not exercise. Some scientists believe that many people do not understand that if they were to put forth even a little effort, they can make a difference. Try being more active by fitting exercise or other activities into your daily schedule.

CAUTION: BEFORE BEGINNING AN EXERCISE PROGRAM

People with chronic health problems such as heart disease, diabetes, or obesity, or who are at high risk for these problems, should first consult a physician before beginning a new program of physical activity.

Also, men over age 40 and women over age 50 who plan to begin a new vigorous physical activity program, should consult a physician first to ensure they do not have heart disease or other health problems.

Courtesy: American Heart Association

BENEFICIAL ACTIVITIES INCLUDE:

- Aerobic exercise such as brisk walking, hiking, stair-climbing, jogging, running, bicycling, rowing, and swimming
- Activities such as soccer and basketball that include continuous running
- Walking for pleasure, gardening, and yard work
- Housework, dancing, and prescribed home exercise
- Recreational activities such as tennis, racquetball, and touch football

Even moderate-intensity activities, when performed daily, can have some long-term health benefits as they too can help lower the risk of cardiovascular diseases.

Courtesy: American Heart Association

RECOMMENDATIONS

FOR MOST HEALTHY PEOPLE

The American Heart Association states, "For health benefits to the heart, lungs and circulation, perform any moderate-to-vigorous-intensity aerobic activity for at least 30 minutes on most days of the week at 50 to 85 percent of your maximum heart rate. You can accumulate 30 minutes in 10 or 15 minute sessions."

RESOURCES

www.americanheart.org

www.cdc.gov/nccdphp/sgr/npai.htm

www.cdc.gov/nccdphp/sgr/ataglan.htm

For more information visit
www.WellnessCoachesUSA.com