

# Health Matters

Healthstat Wellness  
Newsletter



## Physical Activity

Only 24 percent of American adults get the recommended amount of physical activity every week. Physical inactivity can lead to weight gain, chronic diseases such as type 2 diabetes, cardiovascular disease and hypertension. Engaging in physical activity is one of the best ways to improve your overall health and prevent any negative health outcomes. Although it is recommended to get at least 150 minutes of physical activity a week, some health benefits can occur immediately after engaging in physical activity while other benefits can begin with as little as 60 minutes a week.

"Lack of physical activity is linked to approximately \$117 billion in annual healthcare costs and 10 percent of premature mortality"

-Department of Health and Human Services, 2018

## Benefits of Physical Activity

### What's in it For Me?

Physical activity is not only beneficial for your physical health, but it also can benefit your mental health.

- Lower risk of heart disease
- Lower risk of high blood pressure (hypertension)
- Lower risk of type 2 diabetes
- Lower risk of certain cancers such as: bladder, breast, colon, kidney, lung and stomach
- Improved quality of life
- Reduced anxiety
- Reduced risk of depression
- Improved sleep
- Weight loss
- Improved bone health

Research findings show that greater physical fitness is associated with reduced rates of any kind of mortality.

Aim to get at least 150 minutes of moderate-intensity or 75 minutes of vigorous-intensity physical activity every week to achieve maximum health benefits. Moderate-intensity physical activities includes brisk walking, gardening and housework. Vigorous-intensity activities include running, cycling, aerobics and fast swimming. In addition, aim to include muscle-strengthening activities such as weight lifting or resistance training 2 days a week. But remember, some physical activity is better than none!

Source: *Physical Activity Guidelines for Americans, 2018*

# Set Your Goals

Use the outline below to help you set your physical activity SMART Goal. Once it is filled out, post it somewhere that you will see it every day. This will remind you of your goals and the plans you have in place to achieve them. If you fall off track one week, don't give up! Pick up your plan again the next week and keep moving forward!



	Example	Your Goal
What will I do?	Increase my physical activity to 150 minutes per week	
When will I start?	Monday	
How will I start?	Take a 20 minute walk on my lunch break every day	
How will I continue?	Block time on my calendar in order to get reminders	
What are my barriers?	Weather	
How will I overcome my barriers:	On days when there is poor weather, walk inside on a treadmill	
Who is my accountability partner?	Julie (co-worker)	

## Want to Learn More?

Make an appointment with your Healthstat clinician to develop a physical activity program that's right for you.

