

South Central's Health on Blast

Let's Get Moving

- An sedentary person takes 3,000 steps or less just in daily activity of moving around the house.
- Leading a sedentary or inactive lifestyle is a risk factor for weight gain, diabetes, cardiovascular disease, depression, anxiety and premature death.
- Studies show that you do not need hours per week at a gym to benefit from exercise. Beginning consistent exercise with adequate rest between sessions can improve health most for those who were sedentary. It is suggested 70 minutes a week (10 minutes a day) of *added* exercise can lessen your dangers of blood, heart and arterial diseases and improve your quality of life.
- Some exercise is much better than none, and short sessions of exercise can improve increased burning (metabolizing) of blood sugar for up to 72 hours.

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Make some changes:

- Park farther away and walk from your parking place to shop (return the shopping cart) and work.
- Go to a zoo, recreation area or a park on weekends with your kids or grandkids -- instead of sitting in a movie
- Take a walk after your meals. Some people walk in an air conditioned mall.
- Take the stairs instead of the elevator if it is just one or two flights to your designation.
- Get up and walk to your colleges desk instead of calling.
- Purchase a pedometer to track your steps.
- Use the restroom not close to your office.
- If your schedule allows come to our “Let’s Get Moving” on Monday’s, Tuesday’s or Wednesday and join us as we walk away the pounds.