

Introduction
Recommended Amounts
Definitions

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According to the World Health Organization (WHO), physical activity is defined as any bodily movement produced by skeletal muscles that require energy expenditure. Physical inactivity (or lack of physical activity) has been identified as the fourth leading risk factor for global mortality. In addition, physical inactivity is estimated to cause approximately 21–25% of breast and colon cancers, 27% of diabetes and approximately 30% of ischemic heart diseases diagnosed.

Regular and adequate levels of physical activity in adults:

- can reduce the risk of hypertension, coronary heart disease, stroke, diabetes, breast and colon cancer, depression and the risk of falls;
- can improve bone and functional health; and
- are a key determinant of energy expenditure, and thus fundamental to energy balance and weight control.

As defined by WHO, the term "physical activity" should not be mistaken with "exercise." Exercise, is a subcategory of physical activity that is planned, structured, repetitive, and purposeful in the sense that the improvement or maintenance of one or more components of physical fitness is the objective. Physical activity includes exercise as well as other activities which involve bodily movement and are done as part of playing, working, active transportation, house chores and recreational activities.

Increasing physical activity is a societal, not just an individual problem.



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Recommended Amounts Individuals who are active are healthier, are less likely to develop many chronic diseases, and have better aerobic fitness than individuals who are inactive.

Recommendations for 5-17 years old:

The recommendations to improve cardio respiratory and muscular fitness, bone health, and cardiovascular and metabolic health biomarkers are:

1. Children and youth aged 5–17 should accumulate at least 60 minutes of moderate to vigorous-intensity physical activity daily.

2. Amounts of physical activity greater than 60 minutes provide additional health benefits.

3. Most of the daily physical activity should be aerobic. Vigorous-intensity activities should be incorporated, including those that strengthen muscle and bone, at least three times per week.

The benefits of being physically active outweigh the harms. Any existing risk can be reduced by a progressive increase in the activity level, especially in children and young people who are inactive. For activities that can pose risks of injuries, the use of protective equipment such as helmets should be encouraged.

[Adventure to Fitness](#) , a K-5th grade interactive physical activity program

According to the World Health Organization, in adults aged 18–64, physical activity includes leisure time physical activity, transportation (e.g. walking or cycling), occupational (i.e. work), household chores, play, games, sports or planned exercise, in the context of daily, family, and community activities.

The recommendations to improve cardio respiratory and muscular fitness, bone health, reduce the risk of NCDs and depression are:

- 1. Adults aged 18–64 should accumulate at least 150 minutes of moderate-intensity aerobic physical activity throughout the week or do at least 75 minutes of vigorous intensity aerobic physical activity throughout the week or an equivalent combination of moderate- and vigorous intensity activity.**
- 2. Aerobic activity should be performed in bouts of at least 10 minutes duration.**
- 3. For additional health benefits, adults should increase their moderate-intensity aerobic physical activity to 300 minutes per week, or engage in 150 minutes of vigorous-intensity aerobic physical activity per week, or an equivalent combination of moderate- and vigorous-intensity activity.**
- 4. Muscle-strengthening activities should be done involving major muscle groups on two or more days a week.**

Recommendations for 65 years old and older:

In older adults of the 65 years and above age group, physical activity includes leisure time physical activity, transportation (e.g. walking or cycling), occupational (if the individual is still engaged in work), household chores, play, games, sports or planned exercise, in the context of daily, family, and community activities.

The recommendations to improve muscular and cardio respiratory fitness, bone and functional health, reduce the risk of NCDs, depression and cognitive decline are:

- 1. Older adults should accumulate at least 150 minutes of moderate-intensity aerobic physical activity throughout the week or do at least 75 minutes of vigorous-intensity aerobic physical activity throughout the week or an equivalent combination of moderate- and vigorous-intensity activity.**

2. Aerobic activity should be performed in bouts of at least 10 minutes duration.

3. For additional health benefits, older adults should increase their moderate-intensity aerobic physical activity to 300 minutes per week, or engage in 150 minutes of vigorous-intensity aerobic physical activity per week, or an equivalent combination of moderate-and vigorous-intensity activity.

4. Older adults, with poor mobility, should perform physical activity to enhance balance and prevent falls on 3 or more days per week.

5. Muscle-strengthening activities, involving major muscle groups, should be done on 2 or more days a week.

6. When older adults cannot do the recommended amounts of physical activity due to health conditions, they should be as physically active as their abilities and conditions allow.

For more information on **Physical Activity Recommendations** please visit the World Health Organization at : <http://www.who.int/dietphysicalactivity/leaflet-physical-activity-recommendations.pdf>

□ **Defintions** There are several terms used when describing the recommended amount of physical activity and exercise.

The CDC provides definitions for the following terms.

Aerobic activity or "cardio" gets you breathing harder and your heart beating faster. From pushing a lawn mower, to taking a dance class, to biking to the store – all types of activities count. As long as you're doing them at a moderate or vigorous intensity for **at least 10 minutes at a time**

Intensity is how hard your body is working during aerobic activity.

Moderate-intensity aerobic activity means you're working hard enough to raise your heart rate and break a sweat. One way to tell is that you'll be able to talk, but not sing the words to your favorite song. Here are some examples of activities that require moderate effort:

- Walking fast
- Doing water aerobics
- Riding a bike on level ground or with few hills
- Playing doubles tennis

Pushing a lawn mower

Vigorous-intensity aerobic activity means you're breathing hard and fast, and your heart rate has gone up quite a bit. If you're working at this level, you won't be able to say more than a few words without pausing for a breath. Here are some examples of activities that require vigorous effort:

· Jogging or running · Swimming laps · Riding a bike fast or on hills · Playing singles tennis

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Playing basketball

You can do moderate- or vigorous-intensity aerobic activity, or a mix of the two each week. A rule of thumb is that **1 minute of vigorous-intensity activity is about the same as 2 minutes of moderate-intensity activity**.

Muscle-Strengthening Activities

Adults also need to do muscle-strengthening activities **at least 2 days a week**, at a moderate to high level of intensity. These activities should **work all the major muscle groups**: the legs, hips, back, chest, abdomen, shoulders, and arms.

No specific amount of time is recommended for muscle strengthening, but exercises should be performed to the point at which it would be difficult to do another repetition.

A **repetition** is one complete movement of an activity, like lifting a weight or doing a sit-up. Adults can do activities that strengthen muscles on the same or different days that they do aerobic activity, whichever works best.

Visit the CDC website to view the [Physical Activity Fact Sheet](#).

[Physical Activity Trails in Hall County](#) [Physical Activity Trails in Hamilton County](#) - The trail system in Aurora is located in Streeter Park.

Physical Activity for Everyone .

