

# ***BETter Living ...***

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## **Are You Moving?**

As another week has gone by, how are you doing? Are you adjusting to your new life as the Stay at Home Order has been extended? Situations like this one can affect your health in the following ways: emotional, mental, physical, and social.

One of the best ways to help all aspects of your health is through physical activity. Not only does it help you physically, it helps you mentally and emotionally. By getting active with your household, that will help your social health.

As Spring has arrived, the temperatures are increasing and we are seeing more days with the warm sunshine. Sunshine provides Vitamin D, which we all need. I encourage you to get outdoors and move. There are many ways to move while outside: yardwork, bicycling, walking, jump roping, dancing, are just a few ideas. Just remember to keep your distance from others.

Children and teens need 60 minutes of day of physical activity. This will help them sleep better, get better grades, and be in a better mood. Make everyday chores or activities fun through offering rewards that get them out and about. Do things that they like. Take a morning walk and make it a race, dance while dinner is cooking, show your kids how to have fun moving and grooving. Every little bit counts to add up to the 60 a day. Muscle and bone strengthening exercises should be included at least 3 days per week. Anytime you are making your muscles work harder, they will become stronger. Running, jumping, and other weight-bearing exercises count toward bone development.

Adults need 150 minutes of physical activity each week. By including just 30 minutes per day for at least 5 days, it will: improve your mood, sharpen your focus, reduce your stress, and improve your sleep. It is important to include moderate-intensity aerobic activity that gets your heart beating faster in your everyday routine. Strength training should be included in at least 2 days per week. Yardwork, housework, walking your dog, dancing, playing with your children are all things you do every day that can count toward your physical activity.

As you age it is very important to stay active, so you can stay independent longer. It will provide a better quality of life and will help you complete everyday tasks. Other benefits include: improves your balance, improves your flexibility, reduces your chance of falling, improves your mood, reduces your pain, lowers your risk of many diseases and keeps blood pressure and diabetes under control, and helps you keep up with the grandkids. It is also recommended for older adults to get at least 150 minutes per week of physical activity. If you have not recently been active, start slow and continue to add more minutes of activity each day.

There are many resources that provide exercise ideas and are free to use. I encourage you to get outdoors and move your way to better health through physical activity!

For more information visit: [health.gov/moveyourway](https://health.gov/moveyourway) or email me: [btrieb@ksu.edu](mailto:btrieb@ksu.edu).