

## Making time for daily activity provides multiple benefits as you age

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Everyone knows it is best for their health to exercise regularly. It is hard to overstate the benefits of being physically active. Many people choose sports as their outlet for physical activity. However, according to the 2015 Sports and Health in America report, only 25 percent of adults played sports last year despite nearly 75 percent of these same individuals reported they



played sports when they were children. Moreover, only half of these adults who play sports do so more than once a week. Maybe, you are one of these people who play sports, but even if that is the case, most could benefit from some additional exercise. The real question is how much exercise is sufficient to see significant health benefits.

The Department of Health and Human Services (HHS) released their updated “Physical Activity Guidelines for Americans” based on significant additional research in 2018. They extensively cover topics such as why to exercise, how much to exercise, and what are the health benefits of exercise. The base recommendations for adults are as follows:

“For substantial health benefits, adults should do at least 150 to 300 minutes a week of moderate-intensity, or 75 to 150 minutes a week of vigorous-intensity aerobic physical activity. Adults also should do muscle-strengthening activities of moderate or greater intensity that involve all major muscle groups on two or more days a week, as these activities provide additional health benefits.”

They note that additional physical activity beyond this level can create greater health benefits. Probably the best-known benefits of physical activity are reduced risk of coronary heart disease, stroke, and hypertension. We also know exercise can reduce the risk of cancer at multiple sites and type 2 diabetes. Staying active improves brain health and conditions that affect cognition like depression and anxiety. Of course, physical activity improves your fitness level and functional capacity to handle the challenges of everyday life. Despite the significant evidence for benefit, only 26 percent of men and 19 percent of women met the activity level recommendations for both strengthening and aerobic activity.

Being sedentary, prolonged sitting and inactivity during work or leisure activities, carries its

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