



Physical Fitness

Health Information
May 2024



Good morning everyone. I hope you are having a wonderful and blessed day so far. For May I wanted to send information about physical fitness. I believe May is a perfect month to talk about physical fitness since the weather is warmer and the days (sunlight) are longer. Please consult with your doctor before starting an exercise program.

Physical Fitness- helps you immediately feel better, function better, and sleep better. Regular physical activity is one of the most important things you can do for your health. Physical activity can improve your brain health, help manage weight, can help reduce the risk of disease, strengthen bones and muscles, and help improve your ability to do every day activities.

What are the five components of physical fitness?

1. Body Composition
2. Flexibility
3. Muscular Strength
4. Muscular Endurance
5. Cardiorespiratory Endurance

What are some immediate benefits of exercise? (Moderate-to Vigorous physical activity)

1. Improves sleep quality
2. Reduces feelings of anxiety
3. Reduces blood pressure

Long-term Benefits:

- Brain Health-reduces risk of developing dementia and reduces risk of depression
- Heart Health-Lowers risk of heart disease, stroke, and type 2 diabetes
- Cancer Prevention-Lowers risk of eight cancers: Bladder, breast, colon, endometrium, esophagus, kidney, lung, and stomach.
- Healthy Weight-Reduces risk of weight gain

- Bone Strength-improves bone health
- Balance and Coordination-reduces risk of falls.

Per CDC recommendations:

Adults (18-64 years)

- 150 minutes a week of moderate intensity activity
- 2 days a week of muscle-strengthening activities

Adults (65 years and older)

- 150 minutes a week of moderate intensity activity
- 2 days a week of muscle-strengthening activities
- Activities to improve balance

Adults with Chronic Conditions and Disabilities

- 150 minutes of moderate-intensity aerobic physical activity weekly
- 2 days a week of muscle-strengthening activities

How to do you tell the intensity of exercise?

1. Moderate Intensity-you can talk but not sing during the activity.
 - Walking briskly (3mph)
 - Water aerobics
 - Riding a bike slower than 10 mph
 - Tennis (doubles)
 - Ballroom dancing
 - General gardening
2. Vigorous Intensity-you can only say a few words without pausing for a breath.
 - Race walking, jogging, or running
 - Swimming laps
 - Tennis (singles)
 - Aerobic dancing
 - Riding a bike greater than 10 mph
 - Jumping rope
 - Heaving gardening
 - Hiking uphill or with a heavy backpack

Take the time to set goals and make sure they are reachable. Example: Take a walk 3 times a week for 30 minutes each day, be able to participate in a 5k walk by fall,

and so on. Find an exercise routine that is good for you. This is not a one size fits all. My favorite workout is Insanity but it might not be yours.

We are all able to set goals and reach them. I know life can be busy but please take time to take care of yourself. I want each one of you to be here for many years and be healthy. You all have such an important role and help so many people. You all are so special and I am truly blessed to be here to help you all. I never want to be an inconvenience to you but, I do really want to help you.

Thank you for your dedication and please let me know if you have any questions or concerns.

Blessings,
Danielle





The Ant and the Dove



One hot day, an ant was searching for some water. After walking around for some time, she came to a spring. To reach the spring, she had to climb up a blade of grass. While making her way up, she slipped and fell into the water.

She could have drowned if a dove up a nearby tree had not seen her. Seeing that the ant was in trouble, the dove quickly plucked off a leaf and dropped it into the water near the struggling ant. The ant moved towards the leaf and climbed up there. Soon it carried her safely to dry ground. Just at that time, a hunter nearby was throwing out his net towards the dove, hoping to trap it.

Guessing what he was about to do, the ant quickly bit him on the heel. Feeling the pain, the hunter dropped his net. The dove was quick to fly away to safety.

One good turn deserves another.

Author-Aesop