

Newsletter

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If someone mentions physical activity our mind may automatically go to thoughts of structured time in the gym or an exercise routine. Physical activity is broader as it refers to all movement. It is also the opposite of sedentary behavior which is associated with many health issues. So, if physical activity can improve our health why are we not doing more.

There are many suggestions to successfully incorporate physical activity in your life. Let's visit a few.

Include things you enjoy. If you enjoy watching birds in your backyard expand your range and walk a trail as you watch for new and familiar birds. Enjoy a family game night? Instead of board games try charades.

Pick something that fits in your schedule. During your time with the kids include playing catch, throwing the frisbee or an old-fashioned game of hopscotch. If you have a flower or vegetable garden you know those require lots of physical tasks.

Select physical activity options that are fun. Include friends and family in a walk or create a friendly challenge. While listening to your favorite music, get up and move a bit.

Make it something you can continue on a regular basis. Cleaning house may not be a favorite task but one that regularly makes it to our to do list. Next cleaning day include some fancy foot moves as you travel from one room to another or do some extra stretches as you reach for those pesky spiderwebs.

Celebrate your successes. When you accomplish a goal of including 30 minutes of activity in five or seven days or walking around the yard twice a day reward yourself. No, not with a scoop of ice cream. But, maybe ten extra minutes of reading time or additional time working on your favorite hobby.

Don't let the roadblocks stop you from including more physical activity into your day. Take advantage of the soon to come spring days and enjoy the outdoors. Have fun and be healthier. If you want to look into the current physical activity guidelines check out: https://health.gov/sites/default/files/2019-09/Physical_Activity_Guidelines_2nd_edition.pdf

L. Dawn Barnes M.S., AFC®

Senior Extension Agent, Family & Consumer Sciences