



MAY WELLNESS: NATIONAL PHYSICAL FITNESS AND SPORTS MONTH

May is National Physical Fitness and Sports Month. It is a good time to check in to see if you are meeting the recommended amount of physical activity to stay healthy.

Guidelines for Adults from the CDC:

Physical Activity

- * At least *150 minutes of moderate-intensity physical activity per week*. (Examples are: 30 minutes 5 days per week or 25 minutes 6 days per week)
- * Or, *75 minutes per week of vigorous-intensity physical activity*. (Example: 25 minutes 3 days per week)
- * Or, *a combination of some moderate-intensity and some vigorous physical activity*, to add up to the totals needed.

Strength Training

- * In addition: adults need at least *2 days per week of muscle-strengthening activities*.
- * Strengthening exercises should work all of the major muscle groups: legs, hips, back, abdomen, chest, shoulders and arms.)

Click here for information: [Adult Activity: An Overview](#)

Balance

- * For older adults, the addition of activities to improve balance is also recommended.

For information on adults 65 years and older, click here: [Older Adult Activity: An Overview](#)

What counts as physical activity? Here are some examples:

- Moderate effort aerobic activities: walking fast, playing doubles tennis, pushing a lawn mower
- Vigorous aerobic activities: jogging or running, swimming laps, playing singles tennis
- Muscle strengthening activities: lifting weights, body weight exercises, some yoga postures
- Balance activities: walking heel-to-toe, standing from a sitting position

For additional activities and more information, click here: [What Counts as Physical Activity](#)