

## **How Much Physical Activity Should You Get?**

According to the National Institutes of Health, regular exercise is a critical part of staying healthy. People who are active live longer and feel better. Exercise can help you maintain a healthy weight. It can even delay or prevent diabetes, some cancers and heart problems.

Most adults need at least 30 minutes of moderate physical activity, at least five days per week, to achieve the benefits of exercise. Common ways to exercise include walking briskly, mowing the lawn, dancing, swimming for recreation or bicycling. Stretching and weight training can also strengthen your body and improve your fitness level.

Like adults, kids need exercise. Most children need at least an hour of physical activity every day. Regular exercise helps children

- Feel less stressed
- Feel better about themselves
- Feel more ready to learn in school
- Keep a healthy weight
- Build and keep healthy bones, muscles and joints
- Sleep better at night

As kids spend more time watching TV, they spend less time running and playing. Parents are recommended to limit TV, video game and computer time. Parents can set a good example by being active themselves. Exercising together can be fun for everyone. Competitive sports can help kids stay fit. Walking or biking to school, dancing, bowling and yoga are some other ways for kids to get exercise.

The key is to find the right exercise for you. If it is fun, you are more likely to stay motivated. You may want to walk with a friend, join a class or plan a group bike ride. If you've been inactive for awhile, use a sensible approach and start out slowly.

The above is intended as general information only. Be sure to contact your physician for advice or your own specific medical problems. Have a question? Write to Questions from the Field, Gananda-Walworth Physical Therapy and Village Fitness, 1218 Mayberry Place, Macedon, NY 14502, or send e-mail to [gwpt@rochester.rr.com](mailto:gwpt@rochester.rr.com).