Inaugural Healthy Tip Sheet 2016 - Focus on Physical Activity

After this long, cold winter and wet spring it is great to celebrate the warmer weather. Through this Healthy Tip Sheet, and other tip sheets to follow, The New Jersey Department of Health - Community Health and Wellness Unit aims to support worksite wellness efforts that will increase physical activity of employees in the workplace and after hours.

NOW is the perfect time to *jump start* your physical activity. The health problems associated with physical inactivity are well known and have become an increasing burden on the citizens of New Jersey. Just 30 minutes of increased activity each day has a tremendous benefit for people of all ages. Physical activity improves muscular fitness, bone strength, heart health and decreases the risk of developing Type 2 diabetes and some types of cancer. It also can improve learning, judgement skills and mental health of the young and young at heart.

Perhaps most importantly, physical activity can be fun – a safe and enjoyable activity! The range of beneficial activities is nearly limitless and quite often even more enjoyable with someone else like a partner, buddy or colleague. It is our sincere hope that this tip sheet will, in future editions, offer suggestions to help increase your *desire* to be active and also develop a fun filled healthy lifestyle.

**A Few Sample Guidelines for Adults**

- All adults should avoid inactivity.
- Some physical activity is better than none.
- Adults who participate in any amount of physical activity gain some health benefits.
- Aim for 30 minutes at least five days a week or 2 ½ hours per day.
- Three physical activity episodes of at least 10 minutes at a time counts.
- Consider walking to get started.

Adapted from The New Jersey Council on Physical Fitness and Sports - Tip of the Month (May 2015) and The Centers for Disease Control and Prevention.