

NBSIA Member Services Safety Bulletin

May 2014

NATIONAL PHYSICAL FITNESS AND SPORTS MONTH



People of all ages and body types can benefit from regular physical activity. President Obama has declared May the National Physical Fitness and Sports Month. “By

leading more active lifestyles, we can invest in our futures and encourage our children to do the same,” he said. “This month, let us champion fitness to our family, friends, and colleagues. Let us give young people the chance to find a sport or physical activity they love, boost their energy and confidence, and reach their fullest potential.”

The Benefits of Exercise

- **Children and adolescents** – Physical activity can improve muscular fitness and bone and heart health.
- **Adults** – Physical activity can lower risk for heart disease, type 2 diabetes, and some types of cancer.
- **Older adults** – Physical activity can lower the risk of falls and improve cognitive functioning (like learning and judgment skills).

Ways to Be Active

The *Physical Activity Guidelines for Americans* recommends 30 minutes of physical activity a day for adults, 60 minutes for children, at least five days a week.

But being active doesn't require joining a gym.

- Take daily walks and focus on increasing your heart rate.
- Walk or cycle instead of taking the car or bus.
- Choose the stairs over the escalator or elevator.
- Carry grocery bags into the house one at a time.
- Park farther away from entrances so you can get more steps in.

Different Types of Physical Activity

- Aerobic activities make you breathe harder and your heart beat faster. Aerobic activities can be moderate or vigorous in their intensity levels, and range from 60-85% of your maximum heart rate. For moderate activities you can talk, but you can't sing. With vigorous activities, you can only say a few words without stopping to catch your breath.
- Muscle-strengthening activities make your muscles stronger, improve your posture and can protect you from injuries.
- Bone-strengthening activities make your bones stronger and are especially important for children and adolescents, as well as older adults.
- Balance and stretching activities enhance physical stability and flexibility, which also reduce the risk of injuries.

Resources



Visit the President's Council on Fitness, Sports & Nutrition online at www.fitness.gov for detailed information and guidelines on ways to be more active and eat healthy.

Sources:

<http://healthfinder.gov/NHO/MayToolkit.aspx>

<http://www.whitehouse.gov/the-press-office/2014/04/30/presidential-proclamation-national-physical-fitness-and-sports-month-201>

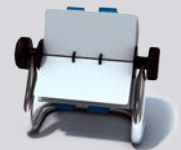
<http://www.fitness.gov/be-active/ways-to-be-active/>

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Keep a copy of this bulletin in your Injury and Illness Prevention Program (IIPP) binder and be sure employees receive a copy.