Physical Activity

Skyport Safety Moment

|  |
| --- |
| Did you know?  Physical Activity and Exercise can have both immediate and long-term health benefits. Most importantly, regular activity can improve your quality of life |
|  |
| [Image result for physical activity](https://www.google.com/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&ved=2ahUKEwiyvdD_4_riAhWLct8KHZbqAlgQjRx6BAgBEAU&url=https%3A%2F%2Fwww.onhealth.com%2Fcontent%2F1%2Fhealth_benefits_physical_activity&psig=AOvVaw2e2yulz8mq1LoLGe3jDs-w&ust=1561213521299128) |

**Exercise to stimulate, not to annihilate. The world wasn't formed in a day, and neither were we. Set small goals and build upon them.**

# Benefits of regular physical activity

## Physical activity is an important step you can take to improve your health and quality of life. Regular physical activity may help prevent or delay many health problems. Being active may help you look and feel better, both now and in the future. Regular physical activity has been proven to;

* reduce your risk of a heart attack
* increase metabolism and aid in digestion
* lower blood cholesterol level
* lower the risk of type 2 diabetes and some cancers
* lower blood pressure

strengthen bones, muscles and joints and lower risk of developing osteoporosis

* lower your risk of falls
* recover better from periods of hospitalization or bed rest

feel better – with more energy, a better mood, feel more relaxed and sleep better.

# Aim for atleast 30 minutes a day

To maintain health and reduce your risk of health problems, health professionals and researchers recommend a minimum of 30 minutes of moderate-intensity physical activity on most, preferably all, days. See your doctor first if you; are 45 or over, pregnant, or have a past medical history of heart disease or asthma.

# Methods to increase physical activity

Increases in daily activity can come from small changes made throughout your day, such as;

* walking or cycling instead of using your car or bike for short trips;

visiting Bermuda’s walking trails or other scenic areas (Tom Moore’s, Arboretum, etc.) with your spouse, kids or loved ones; and

* spending more times moving and sitting less.

These small changes can help to get blood flowing throughout your body and remind yourself of how good it feels to sweat.

In medicine, there is no magical cure-all. But if there were one, physical activity would be it. No other therapy provides as many health benefits!  Unfortunately, many Bermudians still aren’t moving enough to reap the rewards. Don’t let that be you. Everyone can benefit from physical activity. Health benefits are possible for adults, children, people with disabilities, and even pets. Take a step toward better heart health and get started today!