

SUNDAY MORNING HEALTH CORNER

Get Active and Healthy this Spring

Physical activity is one of the best wellness principles that an individual can do to improve their well-being. Exercise promotes health and reduces the risk of chronic diseases and other conditions that are often more common and more severe among racial and ethnic minority groups.

Physical activity also fosters normal growth and development in children, improves mental health, and can make people feel, function, and sleep better.

Here are some tips on how to add physical activity to your everyday life.



Everyone starts somewhere. If you're starting out, go slow and work up gradually. Ensure you have an action plan for each season, so that the weather doesn't get in the way. Work physical activity into your daily life. Take a walk around the block, play with your kids, or dance to your favorite music.



List out activities that you love. Doing exercises you love, like swimming, bowling, or biking, can help you gain your desired health benefits and reduce stress. If you like going on walks at work, carve out 10 minutes to walk during lunch. Enroll in that dance or swim class you've wanted to take.



Take a buddy. Involve family and friends in your physical activity program. You'll gain support and companionship. You don't need to go it alone!



Create a habit. Keep at it, and within three months or less, you'll notice a big difference in your fitness level. You'll feel better, have more energy, sleep more soundly and reduce your stress.



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