

# Healthy Living

## Topic of March

# MAKING PHYSICAL ACTIVITY A FUN HABIT!

Duke Health and Exercise Research Trials • [Research@duke.edu](mailto:Research@duke.edu) • 919-681-9000

**Physical Activity:** Any bodily movement produced by skeletal muscles that requires energy expenditure. –WHO

**Aerobic Exercise:** Any physical activity that increases the heart rate and the body's use of oxygen. It helps improve physical fitness. -NIH

### Did You Know?

- ❖ It is recommended that all healthy adults aged 18-65 years old participate in moderate intensity aerobic physical activity for at least 30 min on 5 days of the week or vigorous intensity aerobic activity for 20 minutes on 3 days of the week. –ACSM
- ❖ Adults are recommended to do muscle strengthening activities that are moderate or high intensity and involve all major muscle groups on two or more days each week. –ACSM
- ❖ Nearly one-third of high school students play video or computer games for 3+ hours on an average school day. –HHS

### Benefits of Physical Activity

*Benefits of regular physical activity include:*

- ❖ Improved heart and lung functioning
- ❖ Reduced risk for heart disease
- ❖ Improved cognitive function
- ❖ and many more!

### Challenge of the Month

#### *Get Out in the Community and Be Active!*

Meet the recommended daily physical activity guidelines by exploring a new trail in Durham. Did you know there are over 40 trails covering 208 miles? To find the perfect trail for you, visit [TrailLink.com](http://TrailLink.com) for detailed trail descriptions, trail maps, reviews, photos and directions.



# TrailLink

by Rails-to-Trails Conservancy

### Join the Duke Health and Exercise Research Trials Registry!

We are looking for healthy volunteers and individuals with various medical conditions to join a variety of clinical research studies. To learn more, contact our team @

[Research@duke.edu](mailto:Research@duke.edu) or 919-681-9000



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### SWITCH IT UP!

**Park Further Away** - Walking 5 minutes from your car into work and 5 minutes to your car after work will give you 10 minutes of exercise!

**Take The Stairs At Work** - If you are able to, switch out the elevator for the stairs or even walk a few flights of stairs during a lunch break!

**Walking Meeting** - Need to discuss anything at work that does not require a computer? Go for a walking meeting around the office or outdoors!

**Lunch Break** - Take 10 minutes before or after lunch and move around a bit!

### Examples of Physical Activities

- ❖ Biking
- ❖ Swimming
- ❖ Cleaning
- ❖ Walking
- ❖ Running
- ❖ Gardening
- ❖ Standing
- ❖ Golfing
- ❖ Rowing
- ❖ Hand cycling

### Words of Wisdom

“If you are physically able, decide today to be the master of your own house and begin a regular, long-term exercise program, suited to your abilities, combined with a healthier diet.”

– E. J. Klebingat