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 for detailed trail descriptions, trail maps, reviews, photos and directions.

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