Spring is Here: Time to Get Moving!

Did you know that the 2010 Dietary Guidelines for Americans recommend that adults ages 18-64 should get at least 150 minutes (or 2 1/2 hours) of moderate level physical activity per week in order to maintain a healthy lifestyle? With the weather warming up, there are more opportunities to get that recommended amount. Many people head for the Foothills to enjoy the weather and the outdoors. Getting outside can help increase your physical activity and can improve your overall health.

Benefits of Physical Activity:
- Gain more energy
- Sleep better
- Relieve stress
- Build stronger bones and muscles
- Lower blood pressure
- Improve blood cholesterol
- Lower risk of heart attacks, strokes, some cancers and bone loss
- Lose weight and keep it off

Staying Safe while Outdoors:
- Wear a helmet when riding a bike
- Be aware of your surroundings if running along a path or road
- Wear comfortable clothes
- Apply sunscreen to protect your skin from UV rays
- Pay attention to the weather
- Drink enough water to stay hydrated
- Carry a cell phone
Examples of Outdoor Activities:

Ride your bike around the neighborhood with friends or family
Go for a jog
Enjoy the pool and go for a swim
Work in a garden
Walk with the dog or with the stroller
Go for a walk during a lunch break at work
Play with your kids
Canoe or kayak
Go for a hike
Play a pick up game of basketball, soccer, or tennis with some friends
Walk to the park and play Frisbee

Overcoming Personal Barriers

Getting active can sometimes be an overwhelming task filled with obstacles. Below are some of the most common barriers with solutions:

“I don’t have time to exercise 30 minutes a day.”
Solution: Start slow with 10 minutes a day. Work up to 10 minutes at a time, three times a day.

“Exercise is boring.”
Solution: Find something that you enjoy doing.
  Getting active does not mean going to the gym.
  Also, try distracting yourself by watching TV or a movie while working out.

“Every time I try, I quit.”
Solution: Changing behavior can be difficult. Take it one step at a time. It may be helpful to think of behaviors you have changed in the past. What made you successful? What mistakes did you make? What can you do differently this time?

Upcoming Events

Summer programs will be posted in May.
Check our website for updates.