

# MAY IS NATIONAL PHYSICAL FITNESS & SPORTS MONTH

Each May, the Office of Disease Prevention and Health Promotion sponsors National Physical Fitness and Sports Month, to raise awareness about the benefits of physical activity, through its "Move Your Way" program. Guidelines and sample activities are broken down into several groups, including children and teens, adults and older adults, to address each group's specific needs.



## CHILDREN AND TEENS

*Children and teens ages 6 to 17 need 60 minutes of physical activity every day.*

- Encourage children to split the activities up if they need to, such as sports practices, activities at recess and bike riding after school.
- Remind children that lots of things count as physical activity, such as jumping rope, swimming and dancing.
- Help children to understand that getting their 60 minutes in will give them energy, self-confidence, help to relax them and even help with grades!



## ADULTS

*Adults need at least 150 minutes a week of moderate-intensity aerobic activity and two days a week of muscle-strengthening activities.*

- Moderate-intensity aerobic activity for adults includes anything that gets your heart beating faster, like sports, bike riding or walking your dog.
- Muscle-strengthening exercises can include weightlifting or push-ups.
- Adults who get the exercise they need can lower their risk of diseases, control blood pressure and maintain a healthy weight.

## OLDER ADULTS

*Older adults need at least 150 minutes a week of moderate-intensity aerobic activity and two days a week of muscle-strengthening activities.*

- Everyday tasks like chores, shopping or yardwork can help older adults meet their weekly goals.
- Stretches and activities to improve balance can keep the body flexible and help lower the risk of falls.
- Getting the exercise they need can help older adults to be in less pain, have a better mood and help control health issues like arthritis, diabetes and high blood pressure.



TO LEARN MORE ABOUT PHYSICAL FITNESS AND EXERCISE, VISIT [WWW.HEALTH.GOV/MOVEYOURWAY](http://WWW.HEALTH.GOV/MOVEYOURWAY).

To find a health center, visit [www.chc-ar.org/health-center-list](http://www.chc-ar.org/health-center-list) or call **501-374-8225**.

**SOURCES:** <https://health.gov/our-work/nutrition-physical-activity/move-your-way-community-resources>  
<https://health.gov/our-work/nutrition-physical-activity/move-your-way-community-resources/campaign-materials>