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## Why You Should Make Physical Activity a Part of Your Day

Researchers have been investigating ways to reduce our risk of chronic disease for decades. One big question: How much exercise is needed to prevent disease? The answer is at least 150 minutes per week. According to the U.S. Department of Health and Human Services' physical activity guidelines, adults should participate in at least 150 minutes of moderate-intensity aerobic physical activity per week, including at least two days of muscle-strengthening activities. Exercising up to 300 minutes per week has even greater health benefits.

This guideline was developed with the assumption that we are doing light physical activity throughout the day including walking and standing. However, many adults are mostly sedentary during the day. Many of us sit all day at our jobs and technology has replaced our need to do physical work.

Research shows that individuals who sit all day, even if they go to the gym for an hour, are at greater disease risk than those who are more active during the day. "Informal" physical activity such as walking while running errands or other activities can add up to a lot of minutes throughout the day and is beneficial to overall health.

### What is physical inactivity?

Physical inactivity is anytime you are not standing or moving. Sitting at your desk or watching TV all fall into this category. Our health is impaired by how many hours we spend each day sitting, as well as the duration of those stints of inactivity.

Even those who exercise for 150 minutes each week aren't safe from the dangers of sitting for too long.

### What are the risks?

Many parameters to assess disease risk include blood sugar, insulin, HDL (the good cholesterol), waist circumference, triglycerides and blood pressure. Researchers have also studied the relationship between sitting and indicators of inflammation, which is common in people with heart disease. Studies have even investigated inactivity and risk of premature death. All these outcomes can be negatively impacted by physical inactivity: The more you sit, the greater your risk for disease.

### How can we reduce physical inactivity at home and at work?

While there is no published recommendation for "safe" sitting time yet, a good rule of thumb is to move for at least 1 to 2 minutes each hour of sitting in addition to 150 minutes of moderate physical activity each week. If your job is sedentary, you can break up that time with bits of activity to improve your health. Here are a few tips to get moving throughout the day:

- Park far away from buildings.
- Use a standing or walking desk.
- Take a brisk walk after lunch.
- Stand during phone calls.
- Drink enough water that you use the restroom often.
- Play pool, go for a walk or play lawn games instead of watching TV.



Larson, H. (2020, May 27). Why You Should Make Physical Activity a Part of Your Day. Retrieved June 22, 2020, from <https://www.eatright.org/fitness/exercise/benefits-of-physical-activity/why-you-should-make-physical-activity-a-part-of-your-day>



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## Recipe of the Month:

### Pina Colada Popsicles w/ Chocolate Coconut Shells

#### Directions

1. In a blender, combine the coconut milk, pineapple and vanilla and process until smooth. Pour into 6 popsicle molds and freeze until set, 8 hours.
2. In a small bowl, combine the chocolate and coconut oil. Microwave on high in 30-second intervals, stirring between each interval, until the chocolate has melted, about 2 minutes total. Place the coconut flakes in a bowl.
3. Line a plate with parchment paper and set aside. Unmold one popsicle, spoon the chocolate mixture over the top ¼ of the pop and immediately sprinkle the chocolate with 1tbsp of the coconut. Place the popsicle on the prepared plate and freeze. Repeat with the remaining popsicles, chocolate and coconut. Serve immediately or wrap in plastic and store in the freezer for up to 1 month.



#### Ingredients

- 1 (13.5-ounce) can coconut milk
- 1 cup fresh, ripe pineapple chunks
- 1 tsp vanilla extract
- ½ cup dark chocolate, chopped
- 1 ½ tsp coconut oil
- ¼ (15g) unsweetened coconut flakes, lightly toasted

Serves: 6 | Serving size: 1 popsicle

Nutrition: Calories 93, Total Fat 4g, Carbohydrate 9g, Dietary Fiber 1g, Sugar 4g, Protein 3g

## Movement of the Month: Standing Band Row



The Standing Band Row helps work your upper back; the lats, middle back; the rhomboids, and mid traps. As well as the front and back of your arms, your biceps, and posterior core from resisting the bands pull. Unlike using free weights for strength training, rows are a lot safer for people with lower back problems, as you can avoid putting too much strain on the spine and the lumbar region, and it's also much easier to maintain good form with less bending.