

# Community Health Coalition, Inc.

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Community Health Coalition, Inc.



Healthy People  
2020

Improving the health of Durham  
& NC communities since 1989

January 2021

## THE IMPORTANCE OF EXERCISE!



Runner's World  
diRosario Palazzolo  
28-April 2020

Even during a pandemic, exercise remains an important part of a healthy lifestyle. It is good for your mind as well as your body. Exercise helps improve your sleep and ability to concentrate. It also helps reduce anxiety and depression. Getting exercise for just 20 minutes lifts your mood for 2 hours! A more fit body fights infections better AND helps you prevent or improve chronic health conditions.

Physical activity is good for us at **ALL** ages and stages of our lives- from young childhood to older adulthood. You can **feel** some of the benefits of exercise right away, and you can **see** the benefits of exercise over time.

### According to the Physical Activity Guidelines for Americans:

- **Preschool-Aged Children** – should participate in active play throughout the day.
- **Children and Adolescents** – should do 60 minutes or more of physical activity daily.
- **Adults** – should do physical activity that gets your heart beating faster 150 or more minutes a week AND do exercise that makes your muscles work harder at least 2 days a week.
- **Older Adults** – should be physically active as your conditions and abilities allow and incorporate balance training exercise as well.

Moderate activity such as brisk walking, dancing, running, bicycling are a few examples of exercises that can get your heart beating faster.



Mary Fox Braithwaite, MD, MSPH  
Pediatrician – Chapel Hill  
Pediatrics & Adolescents

**Mary Fox Braithwaite, MD., pediatrician says, “You can make a healthy change at any age. It is never too late to be a healthier you. Making a healthy change may not only **extend** your life – it may improve your **quality** of life.”**

**Be sure to:**

- Set small, short term goals - they are easier to stick with and achieve.
- Remember the 3 W’s of covid-19 prevention while exercising – **WEAR** your Mask, **WASH** your hands, **WAIT** 6 ft or more apart from others.
- You **CAN** exercise with a mask on! Talk to your doctor if you have a chronic breathing condition.
- Choose exercise that is appropriate for your current fitness level. If you are in doubt about what you can do, talk with your doctor before you start.

**Remember these ABC’s**

**A**im for an exercise goal. **B**egin that plan right away. **C**all on others to join you (even remotely, technology can connect us), and **D**on’t be discouraged – getting started is the hardest part!

**For More Information:**

- <http://www.cdc.gov/physicalactivity>
- <http://healthychildren.org>
- <https://blackdoctor.org/>
- <https://health.gov/myhealthfinder/topics/everyday-healthy-living/physical-activity>

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