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NUTRITION NEWS

UC CalFresh Nutrition Education Program

PHYSICAL ACTIVITY GUIDELINES FOR AMERICANS

UNIVERSITY OF CALIFORNIA
cal2fresh Nutrition Education



Physical activity is key to improving health. Based on the latest science, the Physical Activity Guidelines for Americans provides recommendations on how everyone can improve their health through regular physical activity.

In November 2018, the US Department of Health and Human Services released the second edition of the Physical Activity Guidelines for Americans. This was the first time since 2008 that the guidance was updated. This edition provides evidence-based recommendations for youth ages 3 to 17 and adults to safely get the physical activity they need to stay healthy.

Under these guidelines, adults need 150 minutes of moderate-to-vigorous aerobic activity each week, with muscle strengthening activities on two days during the

week to stay healthy. Youth ages 6 to 17 need 60 minutes of moderate-to-vigorous physical activity each day.

"The new guidelines demonstrate that, based on the best science, everyone can dramatically improve their health just by moving—anytime, anywhere and by any means that gets you active," says



Adm. Brett P. Girori, M.D., assistant Secretary for Health. "That's why we need to come together as a nation to get Americans moving. When we move more, we have better cardiovascular health, we are stronger and less susceptible to disease, and we feel better."

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Look to page 2 for notable updates to the Physical Activity Guidelines.

Winter 2019

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More Resources

Visit our website:
<http://ceplacer.ucanr.edu>

You can email a UC CalFresh representative with any questions or information needs. Also, please feel free to share any tips or suggestions you might have with other teachers!

UPDATES TO THE PHYSICAL ACTIVITY GUIDELINES



- The previous guidelines stated that only 10-minute bouts of physical activity counted toward meeting the guidelines. This requirement has been removed because all activity counts.
- There are immediate health benefits attainable from a single bout of activity, including reduced anxiety and blood pressure, improved quality of sleep, and improved insulin sensitivity.
- There are more long-term benefits from physical activity, including improved brain health, reduced risk of eight types of cancer (previously two), reduced risk for fall-related injuries in older adults, and reduced risk of excessive weight gain.
- Physical activity helps manage more chronic health conditions.
- It can decrease pain for those with osteoarthritis, reduce disease progression for hypertension and type 2 diabetes, reduce symptoms of anxiety and depression, and improve cognition for those with dementia, multiple sclerosis, ADHD, and Parkinson's disease.
- There are new key guidelines for preschool children to be active throughout the day to enhance growth and development.

Source: Health and Human Services

PHYSICAL ACTIVITY

PASS IT ON

Try this game on a rainy day when students can't go out for recess, or anytime they need a brain break.

Equipment: 4-8 assorted small, soft objects

Organization:

1. Students stand in a circle with their left side toward the center.
2. Distribute objects to students around the circle.
3. Tell each student who receives an object how it is to be passed to the person behind them (e.g., to the right, to the left, overhead, over the shoulder, between the legs.)

Description:

1. On the signal, students begin passing objects to those behind them.
2. Each person must pass the object exactly the way he/she received it.
3. When an object gets back to the original passer, that person raises his/her hand.
4. When all original passers have raised their hands, the game stops.
5. The goal is to move objects around the circle as quickly as possible without dropping them.

Activity from CATCH

PHYSICAL ACTIVITY GUIDELINES FOR AMERICANS (CONTINUED)

Has reading about the Physical Activity Guidelines for Americans motivated you to get more active? If you are like the majority of adults sticking to a plan is easier said than done. Try some of these strategies adapted from the Mayo Clinic to help you stay on track.

- **Keep it simple.** Take tiny activity steps because it can add up to a big change in your behavior and way of thinking. For example, don't start off trying to work out an hour every day. Choose a more realistic goal, such as exercising 20 minutes two to three times a week.
- **Give it time.** Research indicates that three weeks of maintaining a new activity, such as daily stretching, are needed for it to become a habit. However, making a new routine become a permanent lifestyle can take much longer, perhaps six months or more.
- **Make it fun.** Find an activity you like the most. Exercise does not have to take place in a gym. In the winter, try walking indoors, dancing, or cross-country skiing.
- **Make physical activity part of your daily routine.** Try to move naturally without having to think about it, such as taking the stairs at work.
- **Track your progress.** Whether you track your improvements online or in a paper fitness journal, it will keep you going. You can log brief daily entries into your daily planner or on one of the many fitness-tracking smartphone apps.
- **Find people,** whether is it your family members, friends, co-workers, or neighbors, who will encourage you to stay on track. Ask them to hold you accountable.
- **Reward yourself.** Treat yourself with whatever you enjoy, such as a massage or tickets to a concert. Try to avoid decadent food rewards, though. Remember, by starting with small goals, you can collect victories and treat yourself each time you reach a milestone.
- **Be flexible;** life happens. Get back on track as soon as possible. Don't feel guilty. Focus only on yourself. Don't compare yourself to others. Someone always will be faster, fitter, or more flexible than you.
- **Break it up.** If getting started seems overwhelming, you may want to do more mini-sessions during the day instead of one long workout.
- **Make it convenient.** If time is an obstacle, use exercise videos instead of driving to a gym. If you are too tired to work out at the end of the day, try an early morning exercise routine.

REMEMBER

Physical activity is important for good health. Finding ways to make physical activity a regular part of our lives is worth the time and effort.

University of California Cooperative Extension

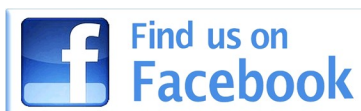
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[http://twitter.com/
LetsEatHealthy](http://twitter.com/LetsEatHealthy)

These curricula are available to teachers participating in the UC CalFresh Program.

Happy Healthy Me...Moving, Munching & Reading Around MyPlate for 4 to 6 Year Olds

Combines stories and literacy with nutrition education.

Eating Healthy from Farm to Fork...Promoting School Wellness

A nutrition education curriculum that makes the connection between local food systems, garden-based learning, school food service, and the establishment of healthy habits. (K-2nd Grade)

My Amazing Body - 1st Grade

Good for Me and You - 2nd Grade

It's My Choice...Eat Right! Be Active! - 3rd Grade

These curricula promote healthy eating and physical activity. Children will gain skills to practice appropriate healthy behaviors.

Nutrition to Grow On

A garden-enhanced nutrition education curriculum. Objectives: 1) Teach the importance of making healthful food choices; and 2) improve children's preference for fruits and vegetables by giving them an opportunity to work with the land and grow their own produce. (4th-6th Grade)

Eatfit

A computer-based highly interactive nutrition and fitness program for middle and high school adolescents.

CINDY FAKE
County Director

ROSEMARY CARTER
UC CalFresh Program Manager

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University of California Cooperative Extension—Placer and Nevada Counties