

Whole Man Ministries Feb 2017 Health Ministry – It's time to move!

The Price of Inactivity

More of us are overweight.

Adult (and childhood) obesity/overweight level continues to increase: 69% of all Adults are obese or overweight.

It is more difficult today to create an active lifestyle.

People are less active due to technology and better mass transportation.

Sedentary jobs have increased 83% since 1950; physically active jobs now make up less than 20% of our workforce. In 1960, about half of the US workforce was physically active.

Our average workweek is longer. Full-time workers in the US work about 47 hours working each week – that's more than 350 extra hours worked each year.

Extra weight costs us physically and financially.

In 2011, the CDC estimated that healthcare costs exceed \$8,600 annually (per capita).

Another study estimated that medical spending attributable to obesity was estimated to be more than \$1400 higher than normal weight individuals.

The consequences and problems from our overweight society are sobering. However, we can all make changes. Here's the good news about physical activity and why moving for 30 minutes a day can change your life for the better.

From: American Heart Association
www.heart.org

Physical activity improves quality of life

- Improves blood circulation, which reduces the risk of heart disease
- Keeps weight under control
- Helps in the battle to quit smoking
- Improves blood cholesterol levels
- Prevents and manages high blood pressure
- Prevents bone loss
- Boosts energy level
- Helps manage stress
- Releases tension
- Promotes enthusiasm and optimism
- Counters anxiety and depression
- Helps you fall asleep faster and sleep more soundly
- Improves self-image
- Increases muscle strength, increasing the ability to do other physical activities
- Provides a way to share an activity with family and friends
- Reduces risk of developing CHD/CVD by 30-40 percent
- Reduced risk of stroke by 20 percent in moderately active people and by 27 percent in those who are highly active
- Establishes good heart-healthy habits in children and counters the conditions (obesity, high blood pressure, poor cholesterol levels, poor lifestyle habits, etc.) that lead to heart attack and stroke later in life
- Helps delay or prevent chronic illnesses and diseases associated with aging and maintains quality of life and independence longer for seniors

What if I can't make it to the time goal?

Something is always better than nothing!

And everyone has to start somewhere. Even if you've been sedentary for years, today is the day you can begin to make healthy changes in your life. If you don't think you'll make it for 30 or 40 minutes, set a reachable goal for today. You can work up toward your overall goal by increasing your time as you get stronger. Don't let all-or-nothing thinking rob you of doing what you can every day.

Think you don't have time? You don't have to do all 30 minutes at once.

You can even get heart-healthy benefits if you divide your time into two or three 10- to 15-minute segments a day.

1. **Get out the leash and walk your dog.** It's a great activity for both man and man's best friend. Your heart — and your pooch — will thank you!
2. **Take your child for a brisk walk.** It's an excellent way to get some one-on-one time (or one-on-three, depending on the size of your brood.) Spice up your routine by exploring new neighborhoods or turning your walk into a scavenger hunt.
3. **Mall walk.** Are you sweating (or shivering) at the idea of walking outside? Take a brisk stroll around your local mall instead. Window shop, people watch and give your heart a workout in a climate-controlled environment.
4. **Join a team.** Pick an activity you love and round up some friends. Team sports can be fun — and keep you motivated and accountable.
5. **Walk and talk.** Even if you're glued to your phone for work calls, you don't have to be glued to your seat. Make it a habit to talk and walk. Some workplaces have walking paths to make it even easier to burn while you earn.
6. **Tune into fitness during TV time.** Reject your inner couch potato. Walk, jog in place or use the treadmill at the gym while you watch your favorite 30-minute show.
7. **Park and walk.** How many times have you circled the parking lot to find "the" spot? Spare yourself the stress and gain more energy by parking far away (or even in a remote lot) and walking farther to your destination.
8. **Take the stairs.** The elevator may go up — but it doesn't make your heart rate climb. Take the stairs instead. You may huff and puff at first, but over time, your body will thank you.
9. **Dance!** Do it in a ballroom, at a club or even in your living room. You'll burn calories and gain a new hobby.
10. **Skip the cake, say goodbye to pie and take a walk after dinner.** You'll get a reward that's sweeter than dessert: more family time.

If these ideas don't work for you, find something that you enjoy. Ditching the excuses can be the first step to a healthier you. Of course, if you have an injury, talk to your doctor first to see if there's a low-impact exercise you can do or find out if you should wait until you're healed.

30 min/1440 min = only 2% of your day

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