

## Everybody... Move that Body!

The lifestyle that most of us hold nowadays limits the amount of time we spend moving naturally. Our bodies are made to move! Realistically, in our society it is impossible to get everywhere that you need to go just by walking. Therefore, the CDC recommends that we get at least 150 minutes per week of exercise to promote health. Here are some of the benefits of physical activity:

1. [Improved weight management:](#) Strong evidence shows that physical activity is related to decreased weight. Look good, feel good!
2. [Decreased risk of cardiovascular disease:](#) Exercise helps lower blood pressure.
3. [Decreased risk for type 2 diabetes:](#) Exercise helps control blood glucose levels.
4. [Reduce the risk of developing colon and breast cancer:](#) Plus, if you are a cancer survivor, regular physical activity may improve quality of life and physical fitness!
5. [Strengthens bones and muscles:](#) Aerobic and muscle-strengthening physical activities can slow the loss of bone density that occurs naturally with age and keep your muscles toned!
6. [Improves mental health and mood:](#) Physical activity is related to decreased depression incidence and increased formation of neurotrophic factors, which are basically the food for our neurons. It maintains them happy and healthy, thus leading to a with better brain function, learning, thinking, and judgment skills.
7. [Longer life!](#)

You do not have to spend 150 minutes running to see these benefits. Simple physical activity as brisk walking is all you need to see the benefits! Start slow, and keep moving forward. You can do it! Studies show that HIT- high intensity interval training is best done in short periods of time- even 15 min. Also yoga and tai chi are great ways to isolate and strengthen bones and muscles.



References:

<https://www.cdc.gov/physicalactivity/basics/pa-health/index.htm>

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