

National Physical Fitness and Sports Month—May 2011

The Ohio Department of Health (ODH) is teaming up with the President's Council on Physical Fitness and Sports in honor of National Physical Fitness and Sports Month, a great time to promote the benefits of physical activity.

Nearly 25.6 % of Ohio's adults do no leisure time physical activity and only 26.8% of Ohio's children are physically active.¹

Fitness Challenge

During the month of May, we challenge you to include 30 minutes of physical activity each day.

Get active! Get active to increase your chances of living longer and to help you:

- Control your blood pressure, blood sugar and weight
- Raise your "good" cholesterol
- Prevent heart disease, colorectal cancer and type 2 diabetes
- Sleep better
- Strengthen your bones
- Lower your risk of depression

Physical Activity Guidelines for Americans:

- 2 hours and 30 minutes of moderate aerobic activity each week.
 - Moderate activity includes walking fast, dancing or raking leaves.
- Strengthening activities, like situps and pushups, at least 2 days a week.
 - If an activity is too hard for you, just modify it to suit your fitness level. For example, pushups can be done standing up and pushing against a wall.

Sponsor: [President's Council on Physical Fitness and Sports](#)

For more information on how to get active, please visit:

- <http://www.fitness.gov>
- <http://fitness.families.com>
- <http://healthyohioprogram.org/healthylife/physactivity2/phys1.aspx>
- http://win.niddk.nih.gov/publications/active.htm#physical_activities

No matter what shape you are in, together we can rise to the challenge to get more active in May.

¹Centers for Disease Control and Prevention. *State Indicator Report on Physical Activity, 2010*. Atlanta, GA: U.S. Department of Health and Human Services, 2010.

ODH is sponsoring the annual
**National Employee Health and
Fitness Day One Mile Walk:**
Date: May 18
Time: 12:00 noon

Individuals or teams can sign up to walk one mile or more that day and report the totals to ODH. Our goal is 100,000 miles for 2011.

Sign up here:
www.healthyohioprogram.org