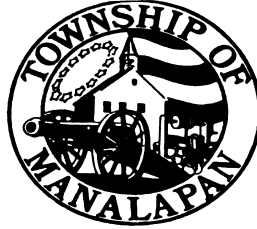


Township of Manalapan

BOARD OF HEALTH

120 Route 522 • Manalapan, NJ 07726 • 732-446-8345 • Fax 732-446-1576

Website: www.mtnj.org



May is NATIONAL PHYSICAL FITNESS AND SPORTS AWARENESS MONTH

Regular physical activity is good for everyone's health, and people of all ages and body types can be physically active. Physical activity is any body movement that works your muscles and requires more energy than resting. Walking, running, dancing, swimming, yoga, and gardening are a few examples of physical activity. Exercise is a type of physical activity that's planned and structured. Lifting weights, taking an aerobics class, and playing on a sports team are examples of exercise. Being physically active is one of the best ways to keep your heart and lungs healthy. Following a healthy diet and not smoking are other important ways to keep your heart and lungs healthy. Many Americans are not active enough. The good news, though, is that even modest amounts of physical activity are good for your health. The more active you are, the more you will benefit.

Being physically active can help by:

- Increasing your chances of living longer
- Decreasing your chances of becoming depressed
- Having stronger muscles and bones
- Staying at or getting to a healthy weight

Not being physically active can lead to:

- Heart Disease
- Type 2 Diabetes

- High Blood Pressure
- High Blood Cholesterol
- Stroke

Types of physical activity

- **Aerobic activities** make you breathe harder and make your heart beat faster. Aerobic activities can be moderate or vigorous in their intensity. Vigorous activities take more effort than moderate ones. For **moderate activities**, you can talk while you do them, but you can't sing. For **vigorous activities**, you can only say a few words without stopping to catch your breath.
- **Muscle-strengthening activities** make your muscles stronger. These include activities like push-ups and lifting weights. It is important to work all the different parts of the body - your legs, hips, back, chest, stomach, shoulders, and arms.
- **Bone-strengthening activities** make your bones stronger. Bone strengthening activities, like jumping, are especially important for children and adolescents. These activities produce a force on the bones that promotes bone growth and strength.
- **Balance and stretching activities** enhance physical stability and flexibility, which reduces risk of injuries. Examples are gentle stretching, dancing, yoga, martial arts, and t'ai chi.

The Physical Activity Guidelines for Americans recommend about 2 hours and 30 minutes of moderate aerobic activity each week. It is also recommended to do 30 minutes of exercise for day! This includes: fast walking, dancing, and swimming. Remember, physical activity is for everyone and everyone can do it!

For more information contact the Manalapan Township Health Department:

Hours:

Monday-Friday, 8:30 a.m. – 4:30 p.m.

Location:

Manalapan Town Hall
120 Route 522 & Taylors Mills Road, Manalapan, NJ 07726

Phone: (732) 446-8345

Fax: (732) 446-1576