

# PHYSICAL ACTIVITY & You



YELLOWHAWK  
TRIBAL HEALTH CENTER

Oregon Health Authority

Regular physical activity improves overall health and helps to ensure healthy bones and muscles, control weight, reduce anxiety and stress, and improve blood pressure and cholesterol levels.

**29.5%** OF ADULTS WHO RESPONDED TO THE COMMUNITY HEALTH ASSESSMENT (CHA) WERE MEETING THE PHYSICAL ACTIVITY GUIDELINES.

**DURING A TYPICAL WEEK, HOW MANY DAYS DO YOU ENGAGE IN PHYSICAL ACTIVITY FOR AT LEAST 30 MINUTES?**

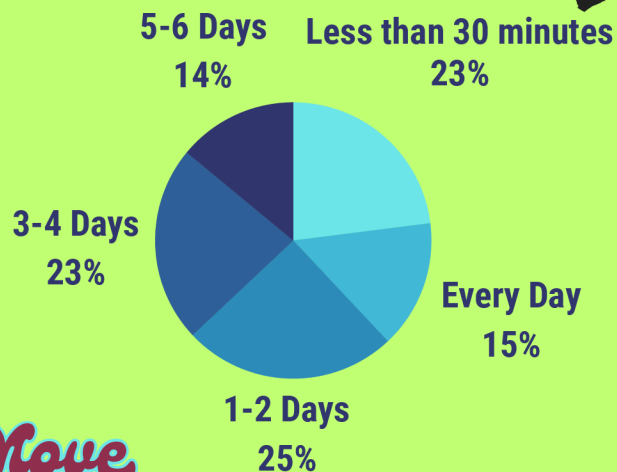
**1 OUT OF 5**



Oregon adults reported not participating in any physical activity outside of work in the past month.

The World Health Organization reports, "31% of adults and 80% of adolescents do not meet the recommended levels of physical activity."

70.5% of adults who responded to the CHA are not meeting the physical activity guidelines.



## BARRIERS ON CTUIR

Top 5 barriers reported in the CHA

- 1 Time
- 2 Too Tired
- 3 Pain or discomfort
- 4 Nothing has stopped me from exercising
- 5 Weather

## Tips to Move

- Walk/bike to work, errands, or other locations
- Take the stairs
- Park further back
- Use your work breaks to move!
- Walk your dog or take your family to the park.
- Play sports you enjoy
- Try e-sports
- Exercise in front of the TV or while doing another activity you enjoy
- Invite friends, families, pets, coworkers, etc. to get moving with you!

## PHYSICAL ACTIVITY

**Children & Adolescents**  
5-17

at least **60 minutes** of moderate to vigorous-intensity physical activity **every day!**

Vigorous-intensity aerobic activities, as well as those that strengthen muscle and tone, should be incorporated at least

**3 days a week!**

## GUIDELINES

World Heart Federation

**Adults & Seniors**  
18+

at least **150-300 minutes** of moderate-intensity or 75-150 minutes of vigorous-intensity aerobic physical activity **throughout the week**

Adults should also do muscle strengthening activities at moderate or great intensity that involve all major muscle groups on **2** or more days a week.

65+, Pregnant & Postpartum women should consult their provider.

**SOME PHYSICAL ACTIVITY IS BETTER THAN NONE AT ALL!**

Even **10** minutes of moderate physical activity a day will get you **46.7%** closer to meeting the guidelines!

**Talk Test.** As a rule of thumb, a person doing moderate-intensity aerobic activity can talk, but not sing, during the activity. A person doing vigorous-intensity activity cannot say more than a few words without pausing for a breath.