

# NATIONAL PHYSICAL FITNESS AND SPORTS MONTH



## Physical Activity Guidelines

Adults should engage in 150 minutes of physical activity every week.

Exercise recommendations can be met through 30 to 60 minutes of moderate-intensity exercise five days per week or 20 to 60 minutes of vigorous-intensity exercise three days per week.

## PHYSICAL FITNESS TIPS

### GET MOVING

Regular physical activity is important for everyone's health and this month we are going to explore why.

Here are just a few benefits of physical activity:

- Adults – Lower the risk of heart disease, type 2 diabetes, and some types of cancer
- Older adults – Lower the risk of falls and improve cognitive functioning (like learning and judgment skills)

### Additional Physical Activity Guidelines

**Resistance Exercise:** Adults should train each major muscle group two or three days each week using a variety of exercises and equipment. Very light or light intensity is best for older individuals or previously sedentary adults just starting to exercise. Two to four sets of each exercise, with anywhere between eight and 20 repetitions, will help adults improve strength and power.

**Flexibility Exercise:** Adults should do flexibility exercises at least two or three days each week to improve range of motion. Each stretch should be held for 10 to 30 seconds, to the point of tightness or slight discomfort. Repeat each stretch two to four times, accumulating 60 seconds per stretch.

Maintaining regular physical activity, whether it is participating in sports, going for a jog or walk, swimming laps, lifting weights, going to a yoga class or just stretching at home will help to improve your overall health. Let's make MAY the month to MOVE!



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