

## Words About Wellness

### Why Move More?

**Submitted By: Chanee Lynch, MPH**

Research Specialist in Program on Integrative Medicine

We've all heard the importance of being physically active. But what does that actually look like? The *2008 Physical Activity Guidelines for Americans* recommended adults perform:

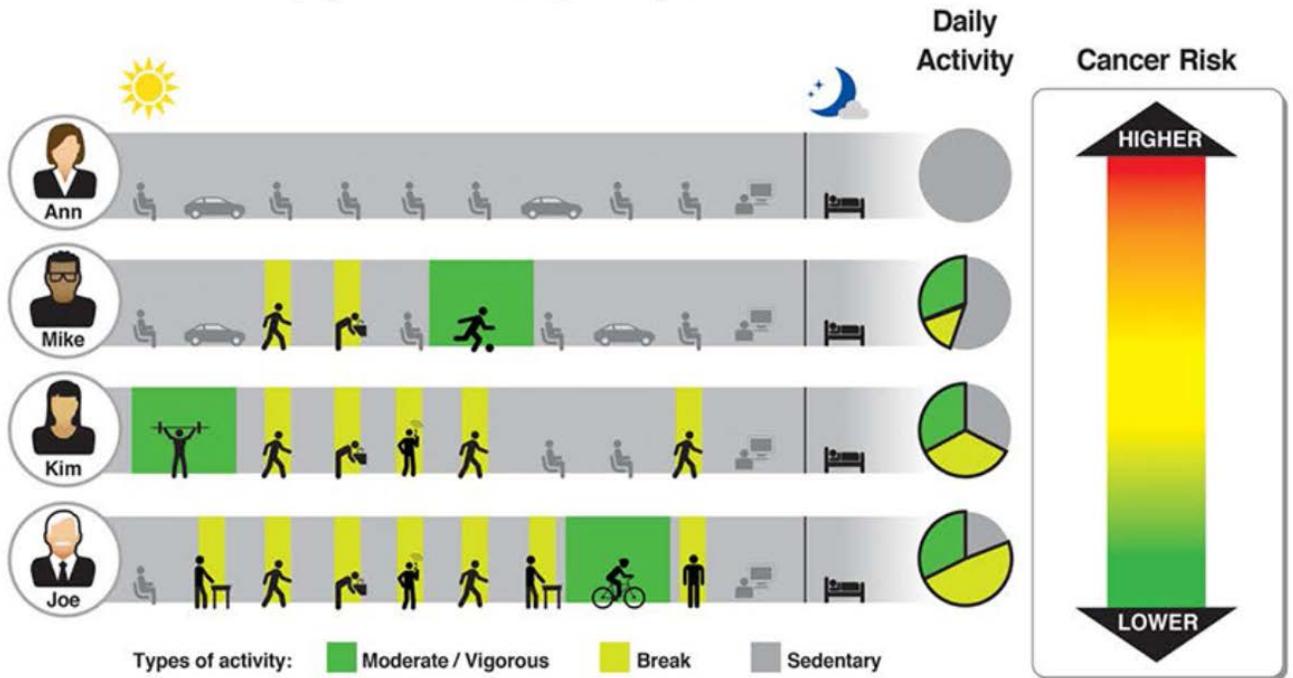
- 150 minutes each week of moderately intense aerobic activity OR
- 75 minutes each week of vigorously intense aerobic activity AND
- 2 or more days of muscle strengthening

It was recommended that aerobic activity to be done at least 10 minutes at a time<sup>2</sup>. Since 2008, more evidence has been gathered to also add guidelines encouraging more movement throughout the day. Data collected by the U.S. National Health and Nutrition Examination Survey (NHANES) found that adults and children spend about 7.7 hours being sedentary when they are awake<sup>2</sup>. According to the US Department of Health and Human Services, sedentary behavior is classified as low levels of energy being used while someone is awake, including sitting, reclining, or lying down<sup>2</sup>. So what does this mean? It's a sign that we all should move more! Moving at any level for any amount of time is beneficial<sup>2</sup>, including taking the stairs versus the elevator or parking a little further away from your destination to get more steps. It even includes, standing up much more than sitting down. The more physical activity the better! Figure 1 illustrates the lifestyles of four fictional adults and their movement within one day. The graphic shows movement highlighted in yellow as a "break" and in green "moderate/vigorous activity". The daily activity pie chart provides a visual of how each person spends their waking time, with Joe having the most movement and a lower cancer risk.

And for those who are already active, it's recommended to challenge your body to reach a new level of activity. For more information about physical activity or being active and safe, check out the *2018 Physical Activity Guidelines for Americans (2<sup>nd</sup> edition)*.

## Words About Wellness (Continued)

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### Sources:

1. American Institute for Cancer Research. (2019). *Make time + break time*. Retrieved from <https://www.aicr.org/learn-more-about-cancer/infographics/make-time-break-time.html>
2. U.S. Department of Health and Human Services. *Physical activity guidelines for Americans*. 2<sup>nd</sup> edition. Washington, DC: US Department of Health and Human Services: 2018. [https://health.gov/paguidelines/second-edition/pdf/Physical\\_Activity\\_Guidelines\\_2nd\\_edition.pdf](https://health.gov/paguidelines/second-edition/pdf/Physical_Activity_Guidelines_2nd_edition.pdf)