

Words About Wellness

Wellness for January 2020

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Happy New Year to my colleagues at the Department of Physical Medicine and Rehabilitation! With the New Year, it's time to get moving again.

As you know, several of us are involved in the leadership of the American Public Health Association (APHA) in the Integrative, Complementary, and Traditional Health Practices Section. The APHA is a wonderful organization with a long history of health promotion and advocacy.

Hence, I would like to share a tip sheet from the APHA's official newspaper, The Nation's Health. The tip sheet, called Healthy You, focuses this month on how to get more exercise without spending a lot of money. You can download it from [The Nation's Health website](#). You can even listen to the tip sheets on your phone! Here are some Quick Facts from the tip sheet reprinted here with permission from The Nation's Health, APHA.

1 Experts recommend getting somewhere between 150 and 300 minutes of exercise each week. If you spread that out evenly, that's around 30 minutes of exercise a day, which can include walking and yard work.



2 Walking or jogging is free, and parks are a great place to start. Parks are also kid-friendly, so you can bring your family along with you.

3 A lot of gyms, clubs and studios offer free or inexpensive trials. It's not a long-term plan for fitness, but it can be an effective way to find out what works for you. Take a spin class one day and kickboxing another.

4 Working out at home is free. There are also plenty of exercise programs on YouTube and other websites that are free or inexpensive.

5 If you're starting a new exercise routine online, it's a good idea to take a class or two in real-life first. That way you can learn the basics and reduce chances you'll injure yourself while exercising alone at home.



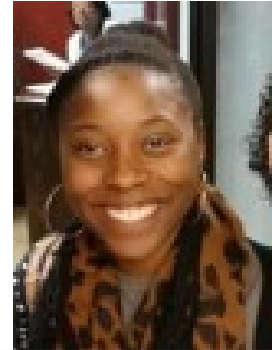
>> For more exercise ideas and guidelines, visit www.cdc.gov/physicalactivity

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In addition to introductory classes, APHA recommends working out with some of the freely available YouTube exercise videos. The real expert in exercise videos is our own Chaneé Lynch, recently named as a Wellness Champion for the School of Medicine. [Consult with Chaneé](#) on the best choices to meet your needs in terms of time, intensity of exercise, and preferences.

In addition, check out the numerous tip sheets available on the website of the Nation's Health (link on previous page). They range from hand washing to green living to meditation and yoga.



Chaneé Lynch, MPH



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